

ALLIES



Why is a Girls Inc. Allies Program for girls important?

"Allies " confronts all forms of bullying behaviour including issues such as physical, verbal, electronic, social exclusion, and relational aggression while it also provides girls the skills they need for peer mediation, friendship, and empowerment of bystanders.

Through "Allies " girls learn effective strategies to identify and analyze the causes of aggressive behaviour, and how these behaviours can be curbed through personal empowerment. The program includes a critical look at media messages about girls' relationships and engages girls in the creation of their own media. Girls learn effective anger management, communication, peer mediation and conflict resolution skills and are empowered with the tools to create lasting change.



DECONSTRUCT

Girls discover and critique the messages they receive from friends, society and themselves.



ANALYZE

Girls learn to gauge what they see and hear and check to see if these message are an investment in themselves .



AWARENESS

Girls increase their understanding of the scope and power words both spoken and texted impact each other.



Implement

Girls apply new found knowledge skills and attitudes skills that they have learned.