

Register NOW for these programs being offered through NEISD
Community Education

You do NOT need to live within NEISD to register!

Action for Safety

6 session self-defense and violence prevention program for girls ages 9-11.

Designed to prepare girls to avoid being victims of violence by teaching girls the negotiation, assertiveness, and self-defense skills that help them avoid violent situations and increase their personal safety.

Participants will learn blocks, hand techniques, kicks, and releases used in responding to physical attacks as well as verbal responses to threats.

Girls will celebrate their strengths, abilities, and most importantly their right to feel safe in the world.

Read It Together

4 session program for girls ages 10-14 and their mother or other significant adult.

This program is designed to increase communication and awareness during early adolescent years between mothers and daughters.

The pair will strengthen their relationship through open communication about the books... they read together.

Girls come to identify their mothers as resources to help them deal with complicated issues.

All books are geared towards issues associated with early teen years and are included in the price of the workshop.

Money Talks

4 session family financial literacy workshop for girls ages 11-14 and their mother or other significant adult in their life.

Girls will learn different financial concepts: saving, budgeting, cost of living, and interest rates.

These concepts will be taught through fun, hands-on activities that let the girls see what is financially required to be an independent successful adult.



girls
inc.®

Girls Incorporated®
of San Antonio

Girls Get the Message

6 session program for girls ages 15-18

Encourages and equips girls to think critically about how media messages are constructed and provides opportunities for them to craft their own media messages.

Participants will become savvy in media issues such as deconstructing hidden media messages, seeing through advertising techniques, questioning gender stereotypes and exploring contributions of women in film.



All programs will be taught by Girls Inc. Staff
For more information about class dates, times, and costs please visit the
NEISD Community education website.

www.communityed.neisd.net

