



Girls Incorporated®  
of San Antonio

Inspiring all girls to be  
strong, smart, and bold<sup>SM</sup>

# SPRING BREAK CAMP 2010

## PREVENTING ADOLESCENT PREGNANCY “WILL POWER/WON’T POWER”

**FOR GIRLS AGES 12-15  
MARCH 15-19**

This age-phased program provides appropriate skills, insights, values, personal tools, peer support and complete information.

Interactive sessions center on values; relationships; the reproductive system and female health and hygiene; separating sexual myths from reality; assertiveness and communication skills; identifying and resisting sexual pressures from the media and peers; sexual decision-making and avoiding risky situations; the positive aspects of abstinence, and the power of a positive-sister support system.

### Dove Self-Esteem

The Dove Self-Esteem Fund workshops are designed to empower girls and promote new ways of thinking about beauty, body image and self-esteem, as well as address the impact of media on today's youth.



### HIV/Substance Abuse Parent/Daughter Night

The purpose of this workshop is to increase knowledge of HIV and to foster communication between girls and their caregivers around HIV/AIDS and substance abuse.



**8:00AM-5PM**

**Girls Inc. of San Antonio 1209 South St. Mary's San Antonio, TX 78210**

**\$75 for all week**

**Breakfast and snacks will be provided, please bring lunch**

To register contact:

Jenean Cervantes at [jcervantes@chshel.org](mailto:jcervantes@chshel.org) or

210.212.2574