



Girls Sessions

Tween and teen participants will participate with their friends and peers in high energy break out sessions facilitated by local and national professionals. Topics will include:

- * Communicating with Friends
- * Personal Safety
- * Zumba Dance
- * Zenergy Yoga
- * Outdoor Teambuilding
- * Light Make-up Application
- ... and more



sh.e. merchandise will be available for purchase before and after the event. Items will include T-shirts, tanks, bracelets and relevant resource materials for parents and teens.

Parent Sessions

Parents and caregivers are strongly encouraged to participate in concurrent breakout sessions designed to help you understand the complexities of a young teen's life. Participants will be given tools to explain your child's development in simple and meaningful ways. Topics will include:

Keynote Speaker for Parents:

Come Here. Go Away: Stepping Up and Stepping Out in Our Advocacy of Teen Girls - Allyson Bowen, co-author of "Mean Girls: 101 1/2 Creative Strategies and Activities for Working with Relational Aggression", Columbia, South Carolina

Parent Break-out Sessions:

Daddy's Little Girl: The Role of Paternal Parenting Patterns and Their Effect on Youth - Neil Tift, Director of Operations, Native American Fatherhood and Families Association, Mesa, Arizona

The Five Love Languages of Children: Communicating Effectively With Your Teen - Dr. Kelly Bender, Marriage and Family Counselor, Paradise Valley, Arizona

How to Become GirlWise: Fostering Respect and Inner Strength in Your Daughter - Frances Mills-Yerger, Ph.D., Stacy Bruen M.C. and Heidi Sonntag, MSW, LCSW, Workshops for Youth and Family

Dying To Be Thin: Trends, Issues and Prevention of Self-Destructive Eating Habits - Marta Harris, Executive Director of Nursing, Remuda Ranch, Wickenburg, Arizona

Not Even Once: Current Trends in Substance Abuse - Stephanie Kreiling, Community Development Manager, Community Bridges

SVU: How to Protect Your Child from Online Relational Aggression - Detective Tanya Corder, Internet Crimes Against Children Detective, Scottsdale Police Department



Registration Form

Please print clearly, one form per student participant.

- Girl Parent Professional

Student Participant Name

Adult Participant Name

Address

City

State, ZIP

Email

Day of Event Phone:

Emergency Contact

Emergency Phone Number

Consent for emergency medical treatment: If any emergency procedures or treatment are required during the SHE Forum, I consent to the supervisor(s) of said event taking, arranging for, and consenting to the procedures or treatment in the Supervisor's discretion.

X _____
Parent/Guardian's Signature / Date

Event Cost/Payment Information

LUNCH WILL BE PROVIDED * PLEASE ENCLOSE PAYMENT

- Early Registration - \$10.00 per person
- Early Registration Parent/Child - \$15.00
- Day of Event - \$15.00 per person
- Day of Event Parent/Child - \$25.00
- YES! I'd like to sponsor a girl to attend this event
- I am requesting a scholarship for this event. (Limited scholarships are available. Participants will be contacted by sh.e. Staff as to their acceptance.)

_____ **Total Amount Enclosed**

Please make checks payable to **SUSD/sh.e.** Return registration forms to your school's front office in the sh.e. Event Box, or by mailing this form to: SUSD Youth Development, 8505 E. Valley View Road, Scottsdale, AZ 85250.

Relational Aggression (RA)

is intentional harm inflicted through the manipulation and destruction of peer relationships. Different forms of relational aggression are gossip, rumors, lies, telling secrets, social exclusion and cyber bullying.

Mission

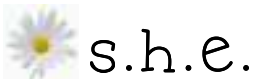
To increase awareness about relational aggression and its harmful effects. In addition, the s.h.e. forum will provide education, tools and resources, teach alternative solutions to combat Relational Aggression (RA) and ultimately empower girls to become agents of social change.

What is the purpose of the s.h.e. forum?

To create awareness and to educate girls and their parents about RA and expanding opportunities. The day is shared with their parents to learn about relational aggression, self-image, connective relationships and enlightened parenting.

The research-based interactive workshops will engage participants as they explore these age appropriate topics.

- Personal safety and relational aggression strategies presented by local community outreach agencies
- Keeping your hair and skin healthy with expert advice from stylist and skin care professionals
- Dressing your best with body image and fashion awareness from local fashion experts
- Nutrition and quick simple workouts for busy teens with fitness professionals.



Katey McPherson
Phone: (480) 677-1543
E-mail: kmcpherson@susd.org



Student Keynote Speaker:

Nicole Turner, a 24-year-old Phoenix resident, currently serves as Miss Arizona 2007. Turner, a dancer and a graduate of Barry Goldwater High School in Phoenix, spends her time increasing awareness and community action toward her platform, "TDWC: To Drive With Care," an anti-drunk driving campaign. Turner represented Arizona at the 2008 Miss America Competition.



Adult Keynote Speaker:

Allyson Bowen is a native of Columbia, South Carolina and is a national consultant on the subject of Relational Aggression (RA). She is currently touring the country helping professionals and educators combat the damaging effects of RA. Allyson serves as a licensed clinical social worker in private clinical practice and is also the co-author of the book *"Mean Girls: 101 1/2 Creative Strategies and Activities for Working with Relational Aggression."*



Mistress of Ceremonies

Tara Hitchcock is the anchor/host of the highly rated "Good Morning Arizona" news program that airs weekdays on 3TV. Hitchcock received her bachelor's degree in political science and communications in 1991 from Boston College, where she made the Dean's List. She received her master's degree from Medill School of Journalism at Northwestern University.



Entertainment

Bethany Wright, through melody and lyric, evokes passion, reflection, fantasy and experience which mold and shape the expression of a heart. Our songbird, Bethany Wright, is an artist/model/writer and performer. The 2004-05 Arizona Idol is the author of *"Making the Voice: Body, Method, & Style"* and the executive producer of her debut album, *Phoenix Rising*.



s.h.e.

REGISTER NOW! DROP OFF YOUR FORM IN YOUR SCHOOL'S FRONT OFFICE!

sharing healthy experiences

Hundreds of girls in grades 5-8, parents and educators will rock out to live music and performances by local talent, a delicious lunch, and interactive experiences all relating to the teen and "tween" girl years.

s.h.e. Forum

Mistress of Ceremonies

Tara Hitchcock, 3TV Anchor

Keynote Speakers

Nicole Turner, Miss Arizona 2007
Allyson Bowen, National RA Expert

Event Information

Saturday, March 1, 2008

9:00 a.m.—3:00 p.m.

Ingleside Middle School

(Indian School Road and 56th Street)

5402 E. Osborn Road

Phoenix, AZ 85018

Event Cost (includes lunch)

Early Registration

\$10.00 per person

Parent/Child - \$15.00

Day of Event

\$15.00 per person

Parent/Child - \$25.00

Early Registration is strongly encouraged. Spaces fill quickly! Walk-in registrations will be accepted contingent on space availability.

The event is open to all girls in grades 5-8, with or without a parent in attendance. All materials and presentations will be available in English and Spanish.

The activities will include dance and other forms of exercise. Please dress appropriately. Sunscreen is advised.

One Girl at a Time