



Permission Form – Keys to High School Success
Girls Conference

Directions:

Please help your student complete the attached form to opt-in for the conference. We are asking that each student select one workshop under each section, Advocacy, Healthy Relationships, and Positive Self-Image, to reach a total of three workshops.

Please select one workshop from each section below (Sections are Advocacy, Healthy Relationships and Positive Self-Image). Description on the backside:

Advocacy (select 1):

- Girl Strong
Go For It-Envisioning Your future
Gutsy Girl
Who Says Science Isn't for Girls

Healthy Relationships (select 1):

- Crossing the Line
Zapping Stress
Hunger Games
Everybody's Doing It

Positive Self-Image (select 1):

- The Perfect Myth
The Power of Kenpo
Altered States
Fight Like A Girl

Please indicate your lunch preference below (All will be served with chips, cookie, and juice):

- Turkey sandwich
Veggie wrap

(For Student) If you could ask one question about what High School would be like, what would you ask?

What high school will you be attending next year?

I give permission for (student) to participate in the Women's Resource Center's 16th Annual "Keys to High School Success" (previously called Girls to Women, Women to Girls) conference on May 5, 2016 at Fort Lewis College. I understand that transportation to and from this event will be provided by the school.

Signature of parent or guardian

RETURN THIS TO THE SCHOOL BY APRIL 25, 2016.

Advocacy

“Girl Strong”

Do you know your three strongest talents? Fort Lewis College staff will lead fun activities to help you identify your talents. You will explore how to use the talents to achieve success in school, in relationships, and in your future. This workshop is all about you and your strengths, and how to make the most of them!

“Go For It” – Envisioning Your Future

What “assets” or building blocks do you already have to make sure you do as well as you can in high school? These assets are the relationships, experiences, values, and skills that will help you succeed. We will do a brief survey of key developmental assets that you already have. Then, we will do vision boards of the things you want to acquire in high school.

Gutsy Girl

This workshop will include an interactive discussion about situations where assertive communication can aid in one’s ability to maintain optimal overall wellbeing. Students will have the opportunity to identify personal strengths and areas for growth with concern to one’s ability to use assertive communication.

“Who Says Science Isn’t For Girls?”

Participants will hear about the experiences of female scientists, and experience hands-on engineering challenges that will get everyone jazzed about science and innovative thinking! Powerhouse Science Center will lead the active and fun experiments.

Healthy Relationships

Zapping Stress

Who doesn’t deal with stress every day? It can be at school with friends, with family – we find stressors everywhere. Join us to learn quick and easy skills that really work to cut through stress, worry, and anxiety.

“Crossing the Line?”

Discover personal boundaries and what is socially accepted with social media in today’s world. Empower yourself and others to end harassment on the net.

The Hunger Games

Let’s look at Katniss and the different relationships she experiences in The Hunger Games. Who does she really love Peeta or Gale? Watch clips of the movies and let’s try and figure out what a healthy relationship really look likes.

“Everybody’s Doing It”

Many teens “go along” with a situation even if they don’t want to because they’re afraid of losing friends, looking uncool or being left out. But there is no need to participate in something you feel uncomfortable with. Please join us in this interactive workshop and learn that not “everybody’s doing it!”

Positive Self Image

The “Perfect” Myth

This workshop looks at how advertising and the media distort the ideas of what it means to be a girl or boy. We will watch how media influences an individual’s self-perception and how these ideas can limit what is possible in the world – a standard that is impossible to achieve. Join us and learn how to take steps to change the perfection stereotype.

The Power of Kenpo

The strength of Kenpo comes not only from the strength of the body, but also strength of your spirit and mind. This session will focus not only on the self-defense aspects of Kenpo but also the awareness, confidence and focus that is core to the Martial Arts.

Altered States

What’s the key to unlocking different states of consciousness? To live on a day-to-day basis is insufficient for human beings: we need to transcend, transport, and escape. And we need freedom to get beyond ourselves to rise above our surroundings. This workshop explores those very concepts and helps you discover ways to awaken your inner consciousness.

Fight Like a Girl

To fight like a girl means you need to stand up for yourself and believe in yourself. By physically challenging ourselves and experiencing struggle and failure, we train ourselves to reach success. This workshop examines what it means to be empowered, to never give up, and to fight for yourself and your future.