



### **Girls Inc. programs are intentional**

Girls Inc. programming clearly focuses on girls' needs with the intent of making a difference in girls' lives.

### **Girls Inc. programs are compensatory.**

Girls Inc. programming compensates for the gender discrimination girls encounter in society, enabling them to overcome barriers to reaching their full potential.

### **Girls Inc. of Omaha offers Girls Inc. national programs in the following areas:**

- Health & Sexuality
- Career & Life Planning
- Self Reliance & Life Skills
- Culture & Heritage
- Sports & Adventure
- Leadership & Community Action

National programs are research-based and age-appropriate with an emphasis on programming that is non-traditional for girls such as math and science or auto repairs.



### **Local Programs**

Girls Inc. partners with every local educational, historical, and cultural institution, as well as with many local businesses, to provide the very best experiences and opportunities that Omaha has to offer. Our program partners include: The Rose Theater, the Omaha Symphony, Take Flight Farms, the Joslyn Art Museum, El Museo



Latino, Omaha School of Music, Metro Community College, Creighton University, College of Saint Mary, Omaha Public Schools, University of Nebraska Omaha, the Nebraska Medical Center, R.E.S.P.E.C.T.<sup>2</sup>, Junior League of Omaha, Literacy Center of the Midlands, Activate Omaha, The Bemis, Boys & Girls Club, Girl Scouts, Camp Fire U.S.A., Celebrate Africa!, the Durham Museum, Holy

Name, Methodist Hospital, Omaha Children's Museum, Omaha Public Library, Planned Parenthood, Omaha Urban AHEC, Douglas County Health Department, UNO Athletics, UNO Service Learning Academy, WhyArts?, the YWCA and more.

### **What do programs look like?**

Walk around one of our centers and, on any school day, you will see girls doing their homework – alone or with help from staff and volunteers. You will see girls getting ready to go to a weekly science program at UNO. Another group of girls might be practicing for a competitive spelling bee. In another room, girls are learning to balance a checkbook. You might see ballet dancing, belly dancing, hip hop dancing or salsa dancing. A group of girls might be in the fitness room on treadmills or working out with free weights. Another group might be involved in forensic science experiments in the science lab. Another group might be learning to change the oil in a car.

The environment at Girls Inc. is positive, supportive, and inviting. It is safe and it is girl-centered.



### **Why only girls?**

- It may be twice as hard to do quality programming for girls when boys are around.

- While society's expectations affect both boys and girls, studies show that girls are more disadvantaged by them.
- The all-girl option allows girls to plunge into activities without worrying about whether they "belong" or not – or whether they're more or less skilled than boys.
- Gender-specific programming lets girls focus on their real interests, at their own pace, free from distractions and comparisons.

