



uptown church



FRIENDRAISER

Women Lead
MN Women & F

Girls Are Powerful

June 2017

COMING TOGETHER TO RAISE IDEAS

Uptown Church hosts a monthly “Friendraiser,” a collaborative two-hour event, where participants learn about social start-ups or other creative projects and then break into small groups to tackle issues, brainstorm solutions, generate new ideas, and facilitate connections. Afterward, the ideas are compiled together in this eBook to share with the group and community.





LEARN MORE:
www.girlsarepowerful.com

Girls Are Powerful is a start-up organization, that is on a mission to empower girls to
OWN their POWER. STAND in their POWER. Don't GIVE away their POWER.





The Rules!

Two Feet

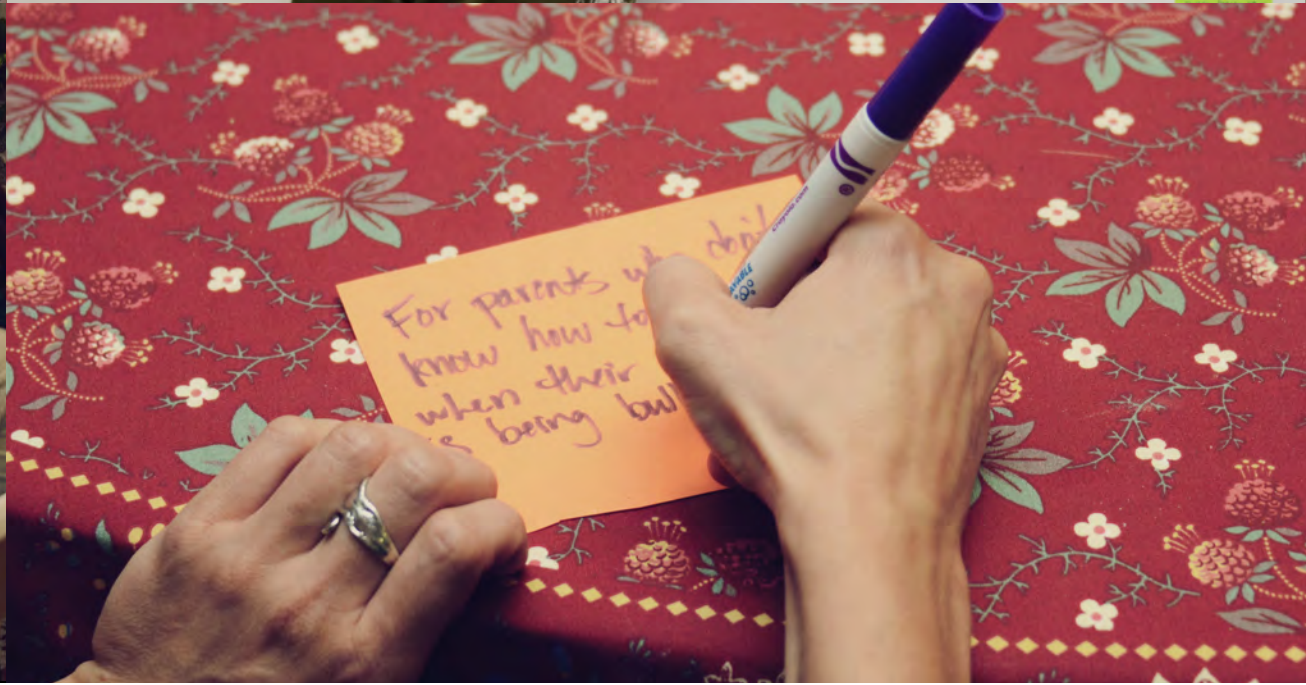
The rule of two feet is this: If you find yourself in a conversation, and you are neither learning from it or contributing to it, use your **two feet** and find a conversation where you can. Or, start your own!

Yes, and...

Ideas are great, sometimes they just need tweaking. When reacting to ideas, start with “**yes, and...**” instead of “yeah, but...” It’s more fun, and forces you to form ideas, rather than shoot them down.

Write it down!

Your ideas are important! We don’t want to miss them, so make sure you **write it down!**



Topic 1

What impasses do young girls face today? How could Girls Are Powerful uniquely address these?

- The current administration and lack of support for children and women's issues
- Bullying, expectations, objectification, social media, saying no, apologetic/ladylike
- Body image - death by comparison, one of the most psychologically damaging things we can do is compare ourselves with others and with newsfeeds, YouTube and social media - it's easier than ever
- Sex trafficking, predators, peer pressure, body image
- Sexual violence/abuse epidemic, body shaming, emotional/verbal abuse, sexual health
- Excluding, being left out or not invited to join, difficult to connect with peers, liking someone
- Sense that it is not a good idea to speak up at work, socialized to be compliant and calm
- Difficult relationships that their mothers have with their bodies
- Girl-on-girl relational violence

Topic 1

What impasses do young girls face today? How could Girls Are Powerful uniquely address these?

- Teach that together we are stronger; empower girls to help each other and to affirm each other
- Build workshops around the Beauty Tank, dance, theater, therapy, and music
- Educate girls on what is healthy
- Teach that one girl's beauty does not take away from another's - cooperation not competition
- Workshops are powerful in empowering women and children; giving support and validation
- Teaching girls about their bodies - celebrate getting period and really understand puberty
- It's ok to say no
- Positive reinforcement, good friends, keep educating, safety laws
- Confidence building with patience and guidance, a new person to help mentor
- Stages Theater Company - pairing with a dance studio to help women to love their bodies through dance
- Contact Dove for partnership or funding
- Teach girls to be nice to each other
- Connect over food, music, dance - group connections
- Create bridging groups
- Teach that girls and boys need each other in their lives to reinforce what GAP teaches
- Quieting the voices
- Teach the consequence of making a bad choice



Topic 2

**What does Girls are
Powerful need to know?
Who needs to know about
Girls are Powerful? How
can they meet?**

- Hennepin County Principals - call them and meet
- Youthprise - get to know them and get a grant
- Skyview Middle School
- Youth Frontiers - one-day workshops in schools could be a great model
- Go to Capitol with girls and talk to female legislators
- Women Lead MSP, Women's Foundation of MN, Impact Hub MSP
- Contact Kids At Risk Action (foster kid advocacy)
- People Serving People - homeless shelter
- Longfellow High School in Mpls for teen moms - North and South HS
- Connecting with First Universalist Assn for Universalist Women
- All social Media platforms
- Bolder Options - mentoring program that specializes in leading healthy and active lifestyles
- One-to-one mentoring programs at churches and colleges
- Children, teen, or family mental health organizations that provide resources to programs for clients with needs
- Daycare centers - curriculum to do in centers
- YMCAs, 4-H, and other similar groups

Topic 2

**What does Girls are
Powerful need to know?
Who needs to know about
Girls are Powerful? How
can they meet?**

- Foster children can benefit from Girls Are Powerful
- Big Brothers Big Sisters - hold workshops
- Gutter Punk Coffee in S Mpls is doing youth employment
- Teachers because they know who in their class could benefit from the program; the girls who need this the most are not in other groups
- Women's business associations - Women's Venture
- Volunteers for specific faith communities and organizations - trained for churches, mosques, non-profits
- Employment opportunities - self-esteem can be gained with work and a paycheck
- Look for ways for young people to volunteer; feeling like we contributed is self-esteem building
- Connect to already established groups
- All-girls schools
- Create curriculum to be delivered
- Personalize content based on what churches, schools, and youth programs need to grow and explore with their young girls



Topic 3

What is needed to empower parents to raise their young women?

- Reverse mentoring; a younger person mentors an older person and it's awesome
- Download "Launching Rockets," a parenting resource and audio book (2 hrs) from robbell.com - good ideas there
- Send girls home from the program with an info packet or link to sustain what they have learned
- Host webinar or class on parenting issues and teach ways to empower their girls and themselves
- Parental support/empowerment is necessary to help sustain empowerment in girls beyond programming
- Parents need to learn the same tools as girls do
- A community of other parents who are dealing with similar problems
- Call center for help
- Forum of resources where parents can share issues and ideas
- Childcare, Walmart and Cub gift cards, education outreach person
- Revelationwellness.org, Rev TV Challenges; April-Grit and Hope, May-Better Together, June-Bold in the Soul (write on body) and other challenge ideas
- Education, workshops, support from family/friends, understand the current culture
- Dad things; teach us and make time for dads to gather for specifically these reasons and topics
- Support groups for parents to ask questions about their daughters



Topic 4

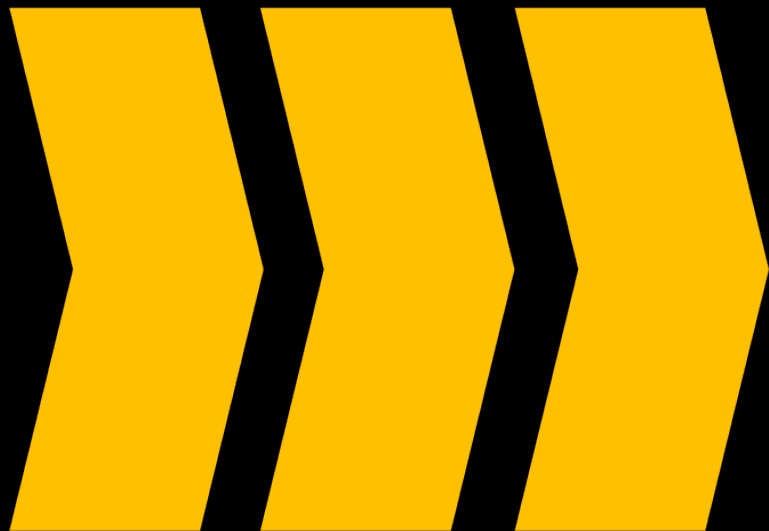
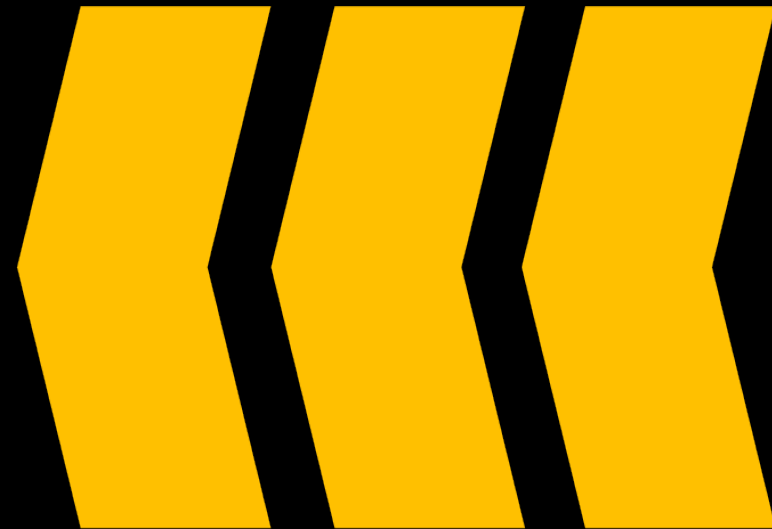
How might Girls Are Powerful take advantage of their product line and community teaching to fund their work?

- Leverage products in a subscription format like Birchbox with a purpose
 - YouTube challenge utilizing story
 - Timeline of stories/events/stages, parents survey later on, growing mentorship/leaders
 - Kickstarter using your t-shirts and products
 - Partner with Favorable Treats to sell your products with cookies
 - Connect with influential bloggers to sell product and promote programming
- Partner with groups and people who support raising powerful girls; advocates, volunteers, donators
 - Connect with a 4-H program to promote or partner
 - Habitofasking.org - July 27 workshop in Mpls - learn how to ask for donations
 - Charge higher prices
 - Corp match programs - big corps that match employee contributions
- Post survey to parents of participants - what are you learning and seeing from your daughters? Use stories to inspire more products and language
 - T-shirt giveaway when parents respond to survey questions
 - Two-tiers of locations for workshops: churches can pay \$500, so charge them that and use excess money for a scholarship as needed

Topic 4

How might Girls Are Powerful take advantage of their product line and community teaching to fund their work?

- Work with participants - how do you make products that are reflective of the questions and statements of participants?
- What's the ask at the end of a workshop to partners and parents? "Can you introduce me to someone that you think needs this?"
- Men's and women's liberation are bound together
- Dad/daughter events; let dads be in a space to talk openly about being a dad of a girl
- Offer girls a chance to make some of the t-shirt, etc. designs
- Have girls share how programming has impacted them on your website and at meetings with potential funders
- Volunteer vendors, exposure at events, Etsy, Pinterest
- Engage parents with a webinar about parenting and end with product line and offers
- 'Sell' to schools; determine one or two big funders to support product lines
- Funding - Give to the Max Day (givemn.org) for MN nonprofit organizations - Thursday, November 16, 2017
- Design contest for t-shirts and other products
- YouTube channel for group



THANK YOU!

SHAWNTAN HOWELL

JEREMIAH LIDEEN

TIM SCHUSTER

MARIANNE NEBA

BRYNN STEMBER

MEGAN LIDEEN

JAMES ALBRECHT

TAMEKA MILLER

BRITTANY BOYD

RACHEL MYERS

SANDE BAYER

LORA MARTIN

KELSEY SCHUSTER

LAURA PERTICARA

KIM WILLOW

SEAMUS DOLAN

MEGHANN PETERSON

DAN STEWART

LINDA MOTZKO

PETER ARENDT

SILVA HELMER

ABBIE FINGER

JUNITA FLOWERS

LABELLE NAMBANGI

CYNTHIA HANSON

STEPH JACOBSON

SALVATORE DISALVATORE



uptown church

www.uptownchurch.mn