

## Girl Power! Means...

**Get into the reality of life**

**Increase your knowledge-excel in education**

**Respect yourself and others**

**Love Yourself!**

**Prepare for future challenges**

**Offer help to your sisters in need**

**Walk in self-confidence**

**Exercise your mind and body**

**Refuse to engage in substance use and  
other risky behaviors .**

Girl Power! offer many strategies and solutions that help girls overcome the negative effects of abuse and trauma and empower them to gain the skills and confidence they need to achieve success in life.

**When a girl believes in herself,  
nothing can stop her!**

“My Mission in life is not merely to survive, but to live with a heart to love, a hand to help, compassion to give, humor to relate and some glamour to style!”

– Carolyn Hunt

“Don’t be afraid. Be Focused. Be Determined. Be Hopeful. Be Empowered...  
Lead by example with Hope, never Fear.”-  
Michell Obama

“Anything you can imagine you can create” – Oprah Winfrey

“Your Mind is a Gold Mine – waiting to be discovered and valued!” – Loria Hudson



# Girl Power!

Louisiana Center Against Poverty

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Sponsored by  
Senator Katrina R. Jackson  
Representative Fred Jones

Welcome  
**2 Girl Power!**



## “Empowering Girls For Success”

Throughout my career I have seen the need to provide opportunities for girls to increase their competence in decision-making, problem solving and communication skills. The sexual revolution has brought issues and challenges that 9-17-year-old girls are unequipped to deal with. Because of the high teen pregnancy rate and school dropout rate, I am deeply moved to encourage and motivate teens to achieve their dreams. As a child of twelve and a former teen mother, I know the hardships associated with poverty neglect, abuse and teen parenting.

While we cannot prevent unexpected events from occurring, such as the Covid-19 Pandemic crisis, economic, housing, and unemployment fallout that affected families of every race and ethnicity, we can provide an outlet, through **Girl Power!** for girls to meet in a safe environment restoring some sense of normalcy and fun activities.

With the commitment and dedication of senators, superintendents, principals, teachers and parents we have been successful in reaching young teens and making a difference in their lives! However, many more young ladies need our help. Will you join me in making a difference?

The Louisiana Center Against Poverty is a rural economic, community based, and human development nonprofit organization established in 1994 and received (501 c 3) in 1997. The center's goals are to develop and implement projects and programs to address

the social, academic, emotional and psychological problems in an effort to help alleviate some of the frustration and anguish associated with severe poverty and the challenges of the world-wide web, Pandemic-virtual school, sheltering in, mask mandates, physical and mental health.

The center has two offices one located in Lake Providence and one in Monroe, Louisiana. The center serves 7 parishes: Tensas, Ouachita, East Carroll, Madison, Richland, Concordia and Morehouse. LACAP is governed by a Board of five (5) Commissioners.

LACAP has built a collaboration with the schools, community, business leaders, law enforcement and churches to support its endeavor to bring a sense of hope and expectancy to an impoverished area.

Our program empowers girls spiritually, socially, intellectually, and emotionally to stand firm and make self-directed, realistic, and responsible decisions.



## **Girl Power!** **Empowering Girls for Success!**

**Girl Power!** is a prevention and intervention social change program that promotes positive behavior, enhances social skills, and improves academic performance in girls ages 9– 17.

**Girl Power!** encourages girls to build confidence, competence, and pride within themselves. We provide workshops and materials that inform girls about the risk and consequences associated with substance abuse, low self-esteem, low education attainment and more.

### **Program Objectives**

- Improve girls' academic performance through educational programs.
- Provide evidenced/researched based programs and services that help girls overcome the trauma of abuse, neglect and abandonment.
- Empower girls to reach their greatest potential and give back to their own communities.

We combine strong messages about drugs, alcohol, teen sexuality and abstinence with an emphasis on providing opportunities for girls to build self-confidence and the skills needed to achieve their dreams and goals. Through many enriching experiences provided by **Girl Power!**, they can tap into the power every girl has inside herself to be confident, fulfilled, happy and healthy.