



Girls Empowered\* Kids Empowered \* Boys Empowered  
248-757-0912  
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[www.girlsempowered.com](http://www.girlsempowered.com) & [www.boysempowered.com](http://www.boysempowered.com)  
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## MIDDLE SCHOOL CAMPS

### General information:

- Camp includes educational themed crafts, daily fitness activities, games, and role plays.
- Includes ½ hour parent demonstration during the last half hour on the last day and emailed parent handout
- Full day camps at Franklin Athletic Club include swimming each day and twice for half day

**Assertiveness Boot Camp-What to say to the bully & more!** Being assertive is a life skill every kid needs to have in dealing with bullies, in negotiating, handling conflict, setting boundaries, to be taken seriously, & getting their needs met. Kids will learn and practice being assertive in their words, voice, & body language through role-playing and crafts. This camp will help all kids no matter what their confidence level is including kids who may be too aggressive in how they communicate to those who don't use their voice at all. **July 12-16** Middle School Girls 1:00-4:00 Full day option available Location: Franklin Athletic Club

**Empowered with ADHD** Boys will have **intense fun** being physically active while learning social skills, friendship skills, being empowered, building confidence and bully-proofing themselves. This camp is specifically designed for the challenges and opportunities boys with ADHD face. Games, Olympic challenge courses, role playing, educational activities, and going on nature hikes will all be part of the fun of teaching how to take advantage of one's strengths and learn to manage one's weaknesses. Guest speakers who have achieved success will speak about their journey.

**Aug 9-13** Boys 9-11, 12-14 yrs 9:00-4:00 To register: Email [info@boysempowered.com](mailto:info@boysempowered.com) for registration form

Location: Roeper Upper School, Middle/Upper School, 1051 Oakland Ave., Birmingham, MI 48009

**Fashion-Spa Week & Dealing with the Fashion Bully** Girls will learn about fashion, skin care, hair, and appropriately dressing their age while still being able to express themselves. Girls will learn to stand up to the Fashion Bully, deal with peer and societal pressure to "look" a certain way and be critical thinkers about the media. At the end of camp, the girls will show you what they have learned in a Fashion Show that family and friends are invited to. **July 26-30** Girls Grade 6<sup>th</sup>-9<sup>th</sup> 9:30-3:30 Location: JCC

**ABCs of Social Skills** Kids will learn about 25 different Social Skills. Social Skills are the skills kids need to develop and manage relationships in life. Learning Social Skills like Dealing with being Left Out, Accepting No, Saying No, Negotiation, Compromise, Taking Turns, Beginning a Conversation, Joining a group, Handling Conflict & Dealing with Group Pressure can help any child be successful in relationships whether it's with peers, friends, family, teachers or later in life- Work! **July 19-23** Middle School Girls & Boys 1:00-4:00 Full day option Location: Franklin Athletic Club

**Stress Less** Girls will learn how to manage stress and anxiety in a stress filled world. Girls will learn about journaling, using music, and making crafts to help them deal with anxieties. They will learn meditation and do yoga. Girls will learn how to make themselves feel better when they are sad or mad. **July 26-30** Middle school girls 1:00-4:00 Full Day Option Available Location: Franklin Athletic Club

**Now What? Social Skills for problem-solving** Kids will learn steps to effective problem solving including how to identify the problem, brainstorming possible solutions, how to put solutions into action & work through sticky situations with peers. Kids will be empowered by learning problem solving options, how to communicate effectively, & decision making skills. **Aug 2-6** Middle School Girls & Boys 1:00-4:00 Full Day Option Location: Franklin Athletic Club

**Bully-Proof Me!** Kids will learn how to NOT be a target for bullies. The camp is all about strategies for dealing with bullies & mean-spirited behavior. Each day they will make a craft that represents being bully-proofed including a bully-proof vest, bully-proof shield and the Marsh Mellow Guy! Kids will learn stress management techniques & do daily fitness activities. **Aug 2-6** Girls 10-14 12:30-3:30 Location: Birmingham Community Ed **Aug 2-6** Boys 10-14 yrs 9:00-12:00 Location: Birmingham Community Ed **Aug 23-27** Middle School Girls & Boys 1:00-4:00 (Full Day option) Location: Franklin Athletic Club

To register on-line or by phone: **Franklin Athletic Club**, 29350 Northwestern Hwy, Southfield, 48034 248-352-8000 Register online: [www.franklinclub.com](http://www.franklinclub.com)

**Birmingham Community Ed** [www.communityed.net](http://www.communityed.net) 248-203-3800

**Jewish Community Center** 6600 W Maple Road, West Bloomfield, MI 48322 [www.jccdet.org](http://www.jccdet.org) 248-432-5407

[www.girlsempowered.com](http://www.girlsempowered.com)

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