



Every child should have the benefit of our programs!

Moms can come to first overnight Girls Empowered camp!

Our first overnight camp for girls is being offered July 12-17 for girls 9-12 years old! Day camp is also available!

The camp will be located in Toronto, Canada at the prestigious Trafalgar Castle school- a private girl's boarding school. Kimber Bishop-Yanke, Founder of Girls Empowered, will be teaching the Girls Empowered curriculum along with a lot of other fun activities led by the teachers at Trafalgar Castle School.

If you are a parent of girl who is 9-12 years old and you have wished that Girls Empowered was in your area don't miss this opportunity to give your daughter an empowerment and confidence building opportunity with lots of fun added in!

Moms can stay at the school and enjoy beautiful Toronto! There will be some mother/daughter activities!

Check the program out at <http://www.castle-ed.com/empoweringcamp>

If you would like to talk about the camp please email Kimber@girlsempowered.com or call at 248-840-9858



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Girl Bullying

About a week ago a 6th grade girl in Washington found out her classmates made a cartoon video about ways to kill her including making her commit suicide, poisoning her, shooting her and even pushing her off a cliff. Her classmates posted it on YouTube.com. The background music for the video was a Hannah Montana song called "True Friend".



Having access to unsupervised 24/7 technology makes it easy for kids to be mean to someone else because they can shirk the responsibility of their actions and they don't have the feelings of remorse because they can't see the pain they have caused the other person.

- "I won't get caught."
- "It didn't really hurt."
- "Look at what I got."
- "It is not a real person."
- "They deserve it."
- Perception of everyone does it....
- Life online is just a game
- "It's not me. It's my online persona."

Our children have access to tools to be mean to other children through instant messaging, social networking sites, text messaging and websites. They often don't know healthy ways to deal with their feelings of anger, sadness, rejection, boredom, jealousy and wanting power so they take them out on other children. Parents need to talk to their children about healthy ways to release anger and sadness and set rules about what they can and cannot do on the internet and cell phones.

Children also are growing up in a culture where relational aggression and meanness has become accepted as normal and sometimes celebrated. As toddlers, our children begin watching cartoons and movies that are full of acts of relational aggression and bullying. Most of us grew up with the Tom and Jerry cartoon – it was clear that these were just cartoons. But today's shows are either cartoon kids or real people in the shows. Even the Disney movies have name calling, the use of the words "Shut up" and put downs. Shows like Survivor and Bachelorette have groups of people joining together to figure out how to stay in the group and eliminate someone from the group-not so different from how the cliques in schools operate. Simon, from American Idol has become famous for the cruel way he lets contestants know that they have no talent. I know what some of you are going to respond with...."but I like Simon and those people have no business being on the show and someone needs to tell them

What is the benefit of the Kids Empowered coaching?

Getting a plan of action, strategies and tools and some good information.

Often parents feel helpless when they learn their child has been a target of relational aggression and bullying. Children often are scared of being labeled a tattler or having the problem get worse. Sometimes they are embarrassed, ashamed or think they are the only one.

Often parents and kids are given advice that often doesn't work- ignore it, they are just words

they have no talent." It isn't that I have a problem with that they are being told they don't have talent it is the way he does it.

Some of the things that are contributing to the problem are not intentional or conscious. Because most parents are not comfortable letting their kids run around the neighborhood like many of us did when we were young, kids and parents are "picking" their play-dates. Sometimes parents are picking only kids they think are "popular". Our children are not getting an opportunity to learn to play with whoever happens to be outside or learning how to play with many different types of kids.

If conflict happens today, often a parent's first response is to have their kid avoid that kid. Kids need to work through it to learn how to solve conflict, manage it and move on from it. I could go on and on of things happening in our society that is contributing to the meanness including adults at PTA meetings texting each other during the meeting and making comments about each other. Let's all work together to start solving the problem! Bring the Kids Empowered training and programs to your school to give you the tools to help kids be empowered, friendly, assertive and kind!

<http://www.youtube.com/watch?v=EonewWguU5k&feature=topyideos>

<http://www.msnbc.msn.com/id/30890165/>

Negative side effects of text messaging.....

See excerpts from an article on text messaging by the New York Times

http://www.nytimes.com/2009/05/26/health/26teen.html?_r=1



"American teenagers sent and received an average of 2,272 text messages per month in the fourth quarter of 2008, according to the Nielsen Company — almost 80 messages a day, more than double the average of a year earlier."

"The phenomenon is beginning to worry physicians and psychologists, who say it is leading to anxiety, distraction in school, falling grades, repetitive stress injury and sleep deprivation."

and words can't hurt, pretend you don't care, they are just trying to get your attention or lets wait and see if it goes away. Meanwhile, while waiting and ignoring a child's self-worth and world starts crashing down and soon they have stomach aches or they don't want to go to school.

Founder, Kimber Bishop-Yanke is completely against the "wait and see" approach. She think the problem should be nipped in the bud before anymore damage can be done.

In a coaching session parents and kids will learn strategies and get a plan of action in how to deal with the

"The rise in texting is too recent to have produced any conclusive data on health effects. But Sherry Turkle, a psychologist who is director of the Initiative on Technology and Self at the Massachusetts Institute of Technology and who has studied texting among teenagers in the Boston area for three years, said it might be causing a shift in the way adolescents develop.

"Among the jobs of adolescence are to separate from your parents, and to find the peace and quiet to become the person you decide you want to be," she said. "Texting hits directly at both those jobs."

Psychologists expect to see teenagers break free from their parents as they grow into autonomous adults, Professor Turkle went on, "but if technology makes something like staying in touch very, very easy, that's harder to do; now you have adolescents who are texting their mothers 15 times a day, asking things like, 'Should I get the red shoes or the blue shoes?' "

As for peace and quiet, she said, "if something next to you is vibrating every couple of minutes, it makes it very difficult to be in that state of mind.

"If you're being deluged by constant communication, the pressure to answer immediately is quite high," she added. "So if you're in the middle of a thought, forget it."

Professional Development!

Not too late to sign up for this Saturday's Girls and Boys Empowered training in the Detroit area! Please call at 248-840-9858 if you are interested!

Kids Empowered to host a whytry training!

Save the dates: September 24 & 25 from 8:30-3:30.

Location: Franklin Athletic Club

14000 Woodward Ave., Southfield, MI 48034

www.franklinclub.com

For registration info: whytry.org

The WhyTry Program is a strength-based approach to helping youth overcome their challenges and improve outcomes in the areas of truancy, behavior, and academics. It is based on sound, empirical principles, including Solution Focused Brief Therapy, Social and Emotional Intelligence, and multi-sensory learning.

problem. Coaching can also be done for kids who need help in developing confidence or self-esteem. If you are interested in a coaching session by phone or by appointment please email kimber@girlsempowered.com or kimber@boysempowered.com

The idea is straight-forward: Teach social and emotional principles to youth in a way they can understand and remember. This is accomplished using a series of ten pictures (visual analogies). Each visual teaches a discrete principle, such as resisting peer-pressure, obeying laws and rules, and that decisions have consequences. The visual components are then reinforced by music and physical activities. The major learning styles—visual, auditory, and body-kinesthetic—are all addressed.

Camps in metro-Detroit, Ann Arbor, Lexington, KY!

First week of camps for girls starts June 15th--
Fashion and Spa & Dealing with the Fashion Bullying! or try High school musical with Girls Empowered

First week of camp for boys starts June 22--Growing a Modern Day Knight, Assertiveness, Me and My Planet, My Friends and Me, Adventures with Pirates!

Can you help spread the word about our camps in Metro-Detroit, Ann Arbor area, Toronto, and Lexington, Ky?

We now have camps in the Ann Arbor area-
<http://www.dextersdancersedge.com/>

At the YMCA in Lexington, KY
<http://www.ymcaofcentralky.org/beaumont.asp>

Check out the summer camp schedule at
www.girlsempowered.com and [boysempowered.com](http://www.boysempowered.com)

Facebook us!

Join Stop the Meanness, Spread the Kindness for updates!
Join the Girls Empowered Facebook group for local updates!
Boys Empowered coming soon!