

Girls Empowered and Boys Empowered

5 days until Summer Camp fun begins-Don't miss it!



If you haven't signed your kids up for our summer camps don't wait! Next week we kick off the summer at the Franklin Athletic Club with some fun for girls:

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.

Sign up now at www.franklinclub.com

Boys can kick off the summer the week of June 22 with

Adventures with Pirates

Boys will have fun learning about themselves and how to stand up for themselves. We will go exploring using maps to find the hidden treasure chest (their own special talents and gifts). They will make Pirate themed crafts, go on scavenger hunts and play games.

June 22-28 Boys 4-6, 7-9 yrs Rochester Comm Ed 1:00-4:00
Aug 10-14 Boys 4-6, 7-9 yrs Novi Life Time Fitness 9:00-4:00
Aug 31-Sept 4 Boys 4-6, 7-9 yrs Franklin Athletic Club Full/Half Day

Check out the girls summer day camp at [Summer Camps for Girls Empowered](#)

Check out the boys summer day camps at [Boys Empowered](#)

The price of silence.....

1st overnight camp for girls

1st overnight camp for girls 9-12 yrs at Trafalgar Castle School in Toronto.

<http://www.castle-ed.com/empoweringcamp>
July 12-17 Families can stay at the Castle to!

Professional Development

Professional Development!

Girls and Boys Empowered training in August!
Details coming soon!

Kids Empowered to host a whytry training!

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

Location: Franklin Athletic Club

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,



There is a code of silence that happens in our middle and high schools about bullying, harassment and assault. Last week, a 13 yr old boy was sexually assaulted by 4 other boys in his school locker room after being bullied and assaulted for over two months. <http://www.cnn.com/2009/CRIME/06/04/florida.sexual.assault/index.html>

Other students witnessed the assaults, bullying and heard the screams. Why did no one come forward? The victim or the witnesses? How could a student be repeatedly assaulted at school and no one know about it?

Sadly, our culture is teaching kids to buy into the code of silence. Our little ones go to kindergarten and start learning that telling the teacher is being a tattletale. They hear the message that being a tattletale is not cool from adults and kids or that they will get in trouble for telling. As they get older, each year the price our children will pay for reporting (“tattletelling”) goes up. For the victim, it is the fear of things getting worse for them whether it is getting in trouble, being treated like an outcast by other children or the peer abuse getting worse. Or shame, not wanting anyone else to know or boys especially feeling like they should be able to handle it.

“Stop snitchin” is a catchy hip-hop slogan in the world of music, rap, and gangs and has perpetuated the role of the bystander in keeping silent. Kids are bystanders for many reasons including that they simply do not know what to do in the situation, they are afraid of the bully turning on them and/or afraid of getting in trouble or being labeled a “tattletale”. Sometimes it is their friend who is picking on the target and they are afraid of losing their friend. We also hear from many kids that their parents have told them to be nice to the kid getting picked on but not to get involved.

Can you imagine how confusing it must be for a child to not know when they are suppose to tell the teacher or be afraid to tell because they will get in trouble or that they actually get in trouble for trying to help. A few months ago I received an email from a parent of a girl who has participated in our programs asking me for help. Her daughter was getting bullied and wouldn't tell the teacher because earlier in the year she had told the teacher about another child getting picked on and got in trouble for it. I hear these stories like these all the time.

Why are we surprised that our middle and high school students are not speaking up when they see another student being harmed emotionally or physically. They are literally being trained from the very first day of school and year after year not to tell. So what are some possible solutions to this problem?

Schools need to have a consistent guideline in each classroom about what behaviors they want kids to report, what incidents are considered “tattling” and when they would like kids to get involved or not get involved in other student's situations. A few examples of a guideline would be:

Brief Therapy,
Social and Emotional
Intelligence, and
multi-sensory learning.

Put these events on your calendar

Character Education
Confencer for Parents and
Educators

June 25 Birmingham

Email

Kimber@girlsempowered.com
for additional info

Stamping Out Childhood
Hunger -
(Kids Against Hunger event)-
Sat., Oct 3

8th Annual Girls Matter
Conference- Saturday, Oct 10

Parent's Tool Box
Building socially and
emotionally intelligent,
resilient and confident
children

Oct 29, Nov 5, 12, 19
Bloomfield Hills

Girls perform a fun hip hop dance at Shock game

The Detroit Shock & Girls Empowered Leadership Camp

Girls will learn about leadership, successful female athletes, and the characteristics needed in sports while participating in confidence building workshops.

Campers will learn about the keys to having success in sports and life, whether for fun

- If there is ever physical violence involved then you always report it. Hitting, kicking, biting, etc..
- Do not get involved if two kids are arguing over an activity or project UNLESS one child starts calling the other one names or doing put downs. Then the bystander could speak up and say “At our school name calling is not allowed.” or “No name calling, how about flipping a coin.” When should the bystander or target report this incident to the teacher? If the target has repeatedly (3 times is our magic number) been treated this way by the kid being mean.

Why 3 times? We want the child in the situation to have the opportunity to handle it themselves because this is the opportunity for them to use their voice, practice being assertive and learn how to handle conflict and problems. If the child runs to the teacher right away or ignores it they don't learn how to stand up for themselves and this could lead to creating a child who is a target.

- Another kid called someone a name and the target told them to stop it. If the “target” stood up for themselves and is not being bullied which means the person is intentionally coming after the same kid then the teacher does not need to be told.
- Having a reporting box in which kids can drop notes in about kids that are getting picked on. This helps make it safe for kids to report incidents and if they have to take the time to write it out they are less likely to do it if it is just “tattling”.
- Taking away the fear for kids of getting in trouble for reporting. If children learn to understand what kind of situations warrant telling the teacher they will likely follow those guidelines. As long as children and parents are in the dark or confused about when it is ok or not ok to tell the teacher then you will have some children who will be tattling and others who won't speak up at all.
- Speaking up for others and yourself also needs to be rewarded so that more children will be motivated to do it.

When our children stand up for someone else they gain courage and character. You can only gain courage by doing something that is taking a risk. These are values that most parents would like their children to have. And ones they have to earn on their own. I tell parents that if these traits are important to them to let the teacher know that they want their kids to speak up for other kids. If their child comes to the teacher and it sounds like tattling, then ask the teacher to help the child rephrase it or know the difference. I also feel I would rather my child get in trouble for speaking up then to look the other way while another child is being bullied.

As the school year comes to an end so does the cycle of bullying and meanness within that school with little change to stop it. Every school year I see the same thing. Parents and kids coming back to school with the

include: healthy lifestyle, sportsmanship, commitment, motivation, and self-challenge. A Detroit Shock player will come to discuss leadership and do basketball drills with the campers. Campers will be taught a hip hop routine to perform at the Shock game the week of camp. Included in this camp are the game ticket and a post game meet and greet with a Shock player.

Aug 3-7 Girls 6-12 yrs
Troy Community Center 9:00-3:00
Aug 9th: Game at 6:00 against Chicago
Parents can buy tickets for family and friends to attend game and watch the girls perform their hip hop dance!

Facebook us

Join our group at Stop the Meanness, Spread the Kindness and Girls Empowered (Boys Empowered coming soon!)

hopes of having a great school year. Hierarchies and groups start forming in the school. Some kids become the targets. Adults tell the kids to ignore it or to wait and see what happens. The end of the year holidays happen and kids come back to school. Slowly the pot of meanness boils over and it becomes apparent that things can't be swept under the rug any longer. Fights happen, kids start missing school because of stomach aches and headaches, cyberbullying increases, etc.... Or the worst case scenario that happened two months ago- two 11 yr old boys in different states committed suicide because they couldn't take it anymore. Then everyone looks for that quick answer-bring in an assembly to talk to the kids about bullying. And then school is over and coming this fall the cycle begins all over.....and meanwhile thousands of kids feel bad about who they are, some have become doormats and some are bullying other kids. Is anyone ready for a change?

Announcing the Bully Proof Coach



Kimber Bishop-Yanke is doing one-on-one coaching with kids and parents on how to deal with bullying and relational aggression. Spend the summer building confidence and learning strategies! Go back to school with confidence. Confidence is your child's best

protection from bullying. Email kimber@girlsempowered.com to schedule an appointment now. Give your child the tools they need to handle these situations or find out if you as a parent need to step in.

What do say?



What do you say when someone is mean to you? How do you tell someone no?

Ask for help? Give your opinion? Negotiate? Do your kids yell at other kids sometimes? Let other kids make all the decisions? Does your child get bossed around? Is

your child shy? Afraid to raise their hand in class? Is your child afraid to stand up for themselves because they want to be "nice"?

Assertive communication:

This person wants to clearly, honestly, and directly express their feelings with the goal being that the other person understands how they feel. Assertive people will ask for what they want knowing that there are always 2 options: getting it and not getting it. Assertive people do not assume they are correct and that everyone will feel the same way, and they allow others to hold different views without dismissing or

insulting them. Assertive people use good eye contact, have relaxed movements and speak up. Assertive people are respectful of others and believe that everyone has equal rights to express him or herself and be heard. Assertive people take responsibility for their behaviors.

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, and getting their needs met. Kids will learn and practice being assertive in their words, voice, and 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.

June 22-26 Girls 6-9, 10-14 yrs Franklin Athletic Club Full/Half Day
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July 20-24 Girls 6-9, 10-14 yrs Utica Community Ed 9:00-12:00
July 20-24 Boys 6-9, 10-14 yrs Utica Community Ed 12:30-3:30
Aug 3-7 Girls 6-9, 10-14 yrs Novi Lifetime Fitness 9:00-4:00
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Aug 10-14 Girls 6-9, 10-14 yrs Birmingham Comm Ed 9:00-12:00
Aug 10-14 Boys 6-9, 10-14 yrs Birmingham Comm Ed 12:30-3:30
Aug 24-28 Girls 6-9 yrs American Allstars Gymnastics Academy
9:00-12:00

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