

To receive email from Girls Empowered/Boys Empowered, add kimber@girlsempowered.com to your safe sender list.

[View as Web Page](#)

[Subscribe](#)

[Send to a Friend](#)

[Preferences](#)

[Girls Empowered](#)





"I'm fat, I'm ugly, I'm stupid....."

Important links

www.castle-ed.com/empoweringcamp

www.girlsempowered.com

www.boysempowered.com

Next week

Don't miss these camps next week!

In Metro-Detroit, MI

Stress Less Camp for Girls 6-14 yrs Franklin Athletic Club

Growing a modern day knight for boys 4-9 yrs Franklin Athletic Club

Fashion-Spa Week & Dealing with the Fashion Bully at Grosse Pte War Memorial for girls 7-9 yrs 1:00-4:00

Kimber Bishop-Yanke

This past week I sat in the beautiful castle at Trafalgar Castle School speaking to one of two groups of 50 girls at the first ever Girls Empowered camp in Toronto. I found very little difference in the issues that they were dealing with as the girls in the U.S. I was discussing with the girls the voice that we all have inside of our head. For some of us, it is a voice that supports us and uses kind words and for others it is a voice that criticizes and puts us down. Sometimes we can be more mean to ourselves than anyone can be.

We discussed the various mean things girls think to themselves. When they look in the mirror and make comments about their bodies not being beautiful, or thinking their minds are not smart enough, or they are not cool enough to be in the popular crowd. The thoughts I am fat, I am ugly, and I am stupid are the top three things girls think to themselves.

But in this case another girl wrote it in a note to one of our campers. One of the 9 year old girls with tears in her eyes told the group that her friend had found a note that another girl had written that had said those three things about her. That she was fat, ugly, and stupid.

As the founder of Girls and Boys Empowered I have gotten to hear the thousands of mean things kids have said to each other and done to each other. But even after 10 years of doing this my heart still breaks each time a child tells me, with tears in their eyes and the pain on her face, that someone has attacked the very core being of who they are. Or as one of girls said a classmate said she didn't know if she could invite her to her birthday party because her mom didn't like people with different skin colors. Or another girl said that kids at her school called her "No name" for her name. Which reminded me of the girl just a few months ago who told me the kids in her class called one of the girls "IT" and that no one liked her. "Look at "IT" they would say or "Don't let "IT" sit here."

I know that it is impossible to eliminate all the meanness but it is possible to help kids have the confidence, strategies, and tools to deal with it and

High School Musical
Camp at Novi Lifetime
Fitness for girls 6-12 yrs
old

In Lexington, KY
ABCS of Social Skills for
girls and boys 6-14yrs
old YMCA 1:00-4:00

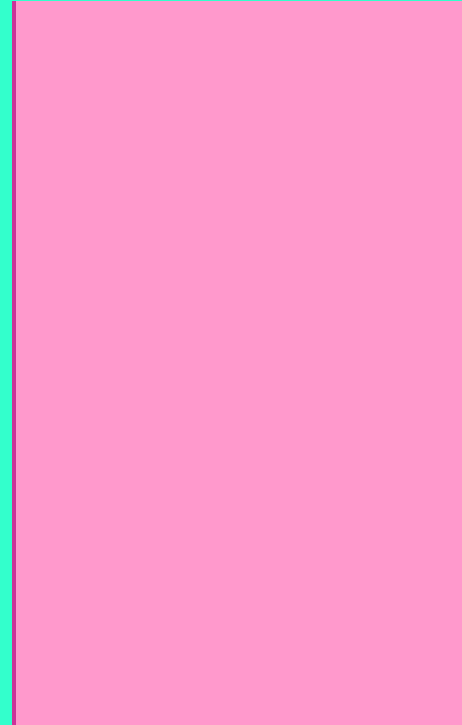
keep them from being mean in response or changing themselves. The benefit from giving kids the tools and helping them develop confidence and a positive self-image is that the meanness will decrease because they themselves will have other ways of dealing with life issues and they will stand up for themselves and others.

Later in the week I asked the girls what is some advice they would tell a younger girl about how to be true to themselves. One of the girls said to go to Girls Empowered because we give them the confidence and make them empowered. While I wish we could "hand out" confidence I reminded her that Girls Empowered was teaching her what it looks like and feels like to be empowered and giving her tools BUT it was up to her to use them and that is her power.

I know the more kids we can reach with the Girls and Boys Empowered program the more kids that will be empowered and the more we will have kids who feel good about who they are and treat others with kindness and respect and most importantly lead other children in that direction. I am excited to have launched the Girls Empowered program in Toronto and am looking forward to more to come. A mother/daughter overnight weekend is being planned for the November 12-14. A professional training is being planned for Nov. 12th. Save the date or plan your own program with Girls and Boys Empowered.



Next week



Pizza, Pool, and Boy-Talk

Join Boys Empowered at the pool for a fun, casual evening with Drew Yanke to talk about life as a boy. We know that most boys keep everything inside. We know that most boys often have a hard time sharing their feelings because the culture tells them in many ways to "be a man", "toughen up".

We know that boys need safe places to talk and that boys often open up when they are doing activities.

Recently I heard a high school boy talk about his struggles with drugs and alcohol. His freshman year in high school, one of his friends committed suicide. He talked about stuffing his feelings inside and numbing his pain with drugs and hitting rock bottom. Fortunately for him he found a way out after a couple of years.

We need to offer boys places where they can talk about their feelings, their problems, and their needs. If you know of a boy between the ages of 10 and 13 please pass this information on. To sign up please email Kimber@boysempowered.com.

Date: Thursday, July 23

Time: 4:00-7:00 pm

Ages: 10-13 yrs \$30 per person

Location: Franklin Athletic Club, 29350 Northwestern Hwy, Southfield, MI 48034