

Introducing

BeYOUty

Project

“Uplifting and empowering the world one girl at a time”

Sponsored by the Kindness Club

Mission: The BeYOUty Project will bring together young girls from different cultural, economic and social backgrounds to teach and inspire each other. This program will be designed to empower girls with possible topics like body image, self-esteem, self-confidence, and/or healthy friendships and relationships. They’ll learn skills that will assist them in becoming stronger, wiser young women as they prepare for their journey through high school. We will strive for success and unlock our fullest potential all while being our BeYOUtiful selves!

This can/will be accomplished by using my N.I.C.E strategy.

- **Nurture**- Encourage healthy development of each participants self-esteem, self-image and their natural talents.
- **Inspire**- Positively stimulate the minds of each participant to provoke positive energy and thoughts for the betterment of themselves.
- **Communicate**- Teach proper communication skills to ensure their feelings and thoughts are better conveyed.
- **Enlighten**- Bring awareness to negative perceptions and how they affect us. While encouraging self-love and re-building self-esteem.

The BeYOUty Project will be open to any 7th or 8th grade girl interested. We will meet every Wednesday beginning February 13, 2019. The program will run until May 15, 2019. We will meet after school from 3:00pm-4:30pm in room A102. There is no cost to participate but there is a \$10 fee if the participant would like a shirt. All supplies for activities will be provided. No transportation will be provided. If there any questions or concerns, contact Davita Parks (Ms. D) at dparks@psd202.org or 815-439-3410



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I, (Print Name) _____ would like to participate in the BeYOUty Project for the 2018-2019 school year. I understand that in order to participate I must have reliable transportation, maintain a positive attitude and keep an open mind.

I, (Print Name) _____ give my child permission to participate in the BeYOUty Project for the 2018-2019 school year. I too understand that for my child to participate she must have reliable transportation, maintain a positive attitude and I fully support her in being open to new things.

- I would like a shirt and have provided the \$10 fee
- I do NOT want a shirt

X

Parent Signature

X

Participant Signature

Parent Phone: _____ Participant Phone: _____

Emergency Contact Name: _____ Phone: _____