

Investing in Girls  
Sexual Health/Health

<b>AREA: SEXUAL HEALTH &amp; HEALTH</b>						
<b>Addressing girls' health and well-being</b>						
<b>Challenge/ Gap</b>	<b>Goal</b>	<b>Measurement</b>	<b>Strategy</b>	<b>Actions Year 1</b>	<b>Who</b>	<b>When</b>
<b>Girls, parents, and providers all recognize the centrality of health to girls' well-being. Prevention and intervention-focused programs are needed.</b>	Listen to girls, parents, and providers who say they want new programs for girls that focus on health and wellness, including fitness and sports, stress reduction, healthy eating, menstruation and safe sex. Ensure that prevention and intervention programs exist.	Pre- and post-program surveys as well as documentation of access and observed behaviors.	Identify best practices and bring them to girl-focused community settings.	Implement Girls on the Go program at YWCA and YMCA.		
<b>Girls are experiencing a range of issues related to mental health, and the adults in their lives want more resources and supports to increase girls' resilience</b>	Create additional prevention-focused mental health resources and training to supplement existing intervention focused support and resources	Documentation of access/ network/ resources/ trainings.	Identify gender-specific resources that exist and are researched;	Explore resources with Children's Friend, CHL, and Family Services, MSPCC's "City Girls";		
			Increase awareness of these resources;	Integrate gender-specific programming into youth worker's training;		
			Connect providers to these resources; create a network.	Hold a training for clinicians and providers (networking opportunity, make CEU's available).		
<b>Concern with physical appearance features prominently in girls' everyday lives</b>	Help girls resist toxic cultural messages by teaching them media-literacy skills that promote critical thinking about unhealthy socio-cultural standards of female beauty and body ideals.	Pre- and post-program surveys as well as documentation of access and observed behaviors.	Identify best practices and bring them to girl-focused community settings.	Connect with Dr. Mary Ann Felice, David Keller, UMASS, You, Inc., Judy Thompson, and The Bridge for resources.		
				Implement in girl-focused community setting (where?)		
<b>Girls in greater Worcester want and need more sex education, including information about menstruation and</b>	Offer more comprehensive sex education opportunities in and out of school. Girls need basic information on menstruation, puberty,	Pre- and post-program surveys as well as documentation of access and	Identify best practices and bring them to girl-focused community settings;	Connect with providers/Dr. Mary Ann Felice about ways they can connect us with parents and girls.		

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<p><b>puberty. Girls feel pressured to have sex, and many are sexually active.</b></p>	<p>reproductive health, and safe sex.</p>	<p>observed behaviors.</p>	<p>Incorporate into existing training programs;</p>	<p>Integrate sex-ed component into Girls on the Go, Friendly Persuasion;</p>		
			<p>Target providers, mentors, and parents.</p>	<p>Hold "Girl's Night Only" and integrate sex ed component.</p>		
				<p>Add PPLM's "Let's be Honest" program (Mindy Craver) to Girl's Choice mentor training.</p>		
				<p>Coordinate a training for volunteers running after-school programs and integrate "Let's be Honest" into training.</p>		
<p><b>Girls need spaces where they can explore their sexual feelings and identities. The needs of lesbian, gay, bisexual, transgender and questioning girls are rarely addressed.</b></p>	<p>Provide safe spaces and other encouragements for girls and their adult allies to talk in depth about what is really happening with regard to sexuality, even if it is not necessarily what you think should be happening. Include discussion about complex issues such as diverse sexual identities.</p>	<p>Documentation of access/ resources.</p>	<p>Identify best practices,</p>	<p>Connect with Laura Farnsworth at The Bridge and Ellen Foley at Clark for best practices.</p>		
			<p>Adapt for 10-14 year old age group,</p>	<p>Adapt for the age group (who?)</p>		
			<p>Bring best practices to girl-focused community settings.</p>	<p>Implement in girl-focused community setting (where?)</p>		