



PROGRAM MANUAL

Christ Child Society, Inc.
Girls on the Rise
Mary Virginia Merrick Center
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Washington, Dc 20032

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WHO ARE WE:

Christ Child Society Inc., Girls on the Rise (GOTR) is a prevention and enrichment program designed to engage at risk girls ages 7-18 in activities that affords them opportunities to develop their social- emotional skills, cultivate their own skills, talents, improve their life skills and self-esteem. We offer age appropriate, research based programs to elementary, middle school and high school girls, delivered by trained staff.

Using positive youth development principles and a two-generational approach, we focus on creating opportunities that addresses the needs of the girls and their families. Using positive youth development principles and a holistic approach, we provide the girls with a safe place where they can grow, learn, have fun and develop confidence in themselves. We also offer literacy, tutorial assistance, health, fitness and leadership opportunities, to help the girls with the vision to plan – and the tools to build – their future.

HISTORY OF GIRLS ON THE RISE:

- 2010 Community Needs Assessment Conducted
- 2011 Family Support Program Space Created
- 2011 Parenting Classes Workshops Began
- 2011 Sophisticated Ladies Summer launched
- 2012 Sophisticated Ladies Girls Empowerment Program launched
- 2013 Name changed to Girls on the Rise, Comprehensive Afterschool Program launched
- 2014 Incorporated Clinical Component
- 2015 Transition Program to help youth and families successfully transition into Middle School and High School and beyond.

WHAT WE DO WELL: NOTED SUCCESS

Summer Day Camp

- ⊙ 2011- 17 girls
- ⊙ 2012 – 33 girls
- ⊙ 2013- 50 girls
- ⊙ 2014- 65 girls
- ⊙ 2015 - 72 girls

Afterschool

- ⊙ 2011 2102– 8 girls
- ⊙ 2012- 2013 12 girls
- ⊙ 2013- 2014 35 girls
- ⊙ 2014- 2015 39 girls
- ⊙ 2015- 2016 41 girls

In summer and afterschool 90% daily attendance

WHO WE SERVE



GIRLS

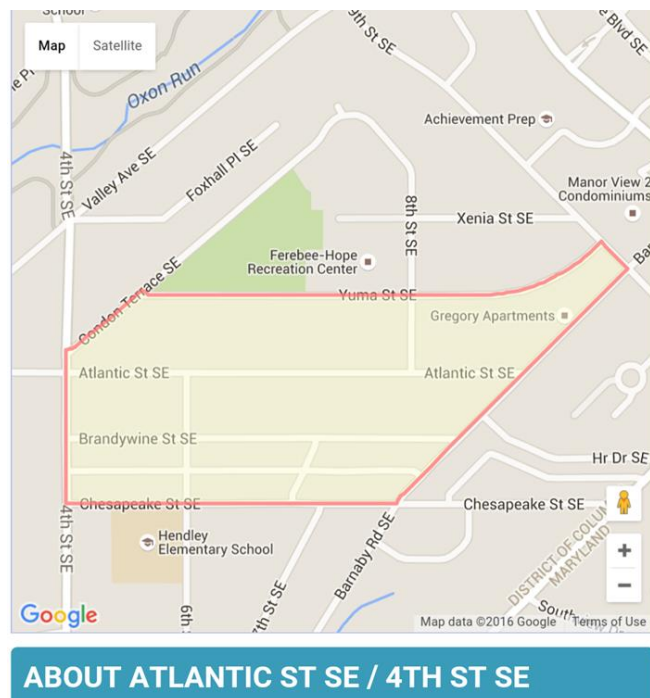
We serve girls ages 7-18 residing in the Washington Highland community with the following common and/or presenting issue:

- Trauma
- Violence- (gun and/or domestic violence)
- Abuse (sexual, physical and/or verbal)
- Drugs
- Attend public, charter and private schools

PARENTS

- Young Single Parenting (female headed household)
- Grand parenting and Single parent
- Unemployed or underemployed
- Junior high education
- Caring, loving parents who need support in parenting

OUR COMMUNITY



Washington Highland is a residential neighborhood in Southeast Washington, D.C., in the United States. It lies within Ward 8, and is one of the poorest and most crime-ridden sections of the city. Most residents live in large public and low-income apartment complexes, although there are extensive tracts of single-family detached homes in the neighborhood.

District of Columbia Public Schools- Cluster 39

Congress Heights,
Bellevue, Washington Highlands
Ballou High School
Ballou STAY High School
Hart Middle School
Hendley Elementary School
Martin Luther King Elementary School
Patterson Elementary School
Simon Elementary School

Achievement Preparatory Academy PCS
Center City PCS- Congress Heights Campus
Early Childhood Academy PCS
Friendship PCS-Southeast ES Academy
Friendship Tech Prep
Democracy Prep PCS
National Collegiate PCS
Ingenuity Preparatory PCS

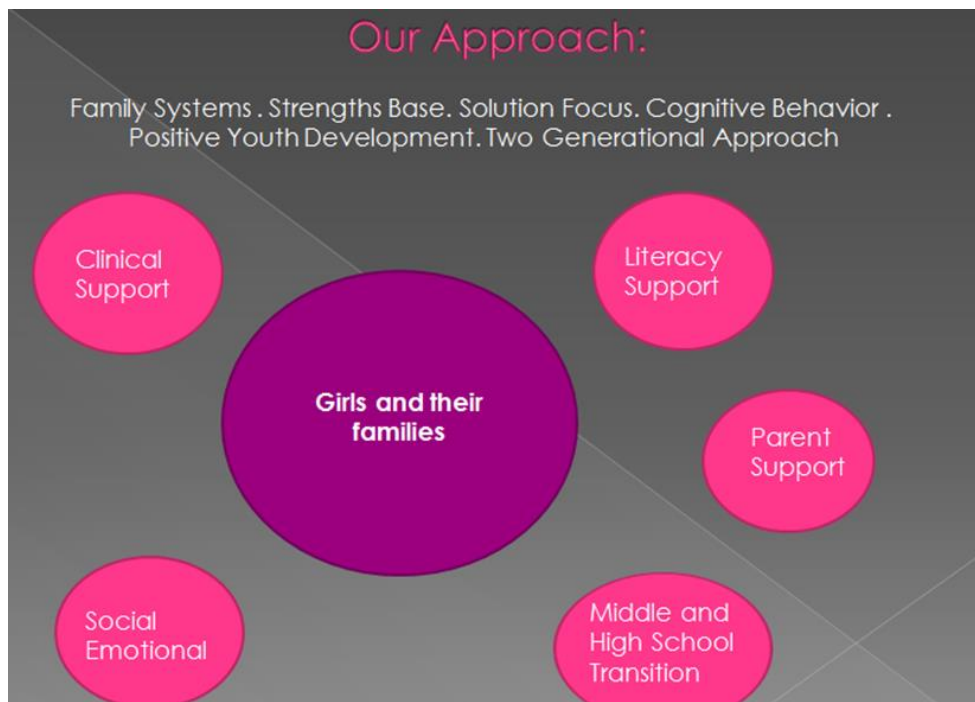
Private School

St. Thomas More Catholic School

- Neighborhood Scouts research shows income lower than 92.6% of U.S. neighborhoods
- High rate of poverty than 95.2% of U.S. neighborhoods.
- In 2014 was listed as 22nd of the Top 25 Most Dangerous Neighborhoods in America according to FBI

WHAT WE DO:

Girls on the Rise use various best practices and partnerships to ensure success. Our program is grounded in Family Support Principles; Family Systems; Strengths Base, Solution Focus; Cognitive Behavior; Positive Behavior Intervention Support; Positive Youth Development and a Two Generational Approach.



Program Objectives:

- To increase the girls self-awareness, confidence and self-worth
- To stimulate a child's potential to grow physically, emotionally, intellectually and socially
- To enhance program participants' awareness of their role in the development of individual friendships and community relationships.
- To Promote Personal and Social Skills
- To help girls develop positive relationships with adults and peers
- To provide girls with knowledge, skills, and attitudes to make healthy decisions
- To help girls successfully transition from middle school to high school, college and beyond
- To provide girls with college awareness and career planning

Best Practice Curriculums:

- Social and Emotional Development
- Clinical Support and mentoring
- Girls in Real Life Situations, Curriculum: Group Counseling Activities for Enhancing

Our Program Measures the Following:

- Knowledge
- Attitude
- Behavior

Our Program Emphasize Five Core Areas:

1- Academics:

Girls on the Rise seeks to engage our participants in having a greater attachment with school, including improvement in school attendance and decrease in disciplinary actions.

2- Social Emotional Development

Girls on the Rise seeks to foster social skills, self-confidence, and resilience in the girls we serve through both strong adult and peer relationships.

3. Middle and High School Transition

Girls on the Rise seeks to increase students' knowledge of what to expect in middle school and high school, build strong study habits, and foster high levels of school engagement and educational aspirations.

4. Career Exploration

Girls on the Rise seeks to increase students' knowledge of career options, enhance job skills, and develop financial literacy for youth.

5. Community Service Program

Girls on the Rise seeks to engage participants in community volunteer work and support youth as agents of change.

Partners

- Christ Child Society Guild
- Project Create DC
- Girls on the Run
- Girls Up

PROGRAM COMPONENTS



Afterschool

The Afterschool program hours are 3:00pm until 6:00pm, Monday-Friday. Girls on the Rise offers three seasonal 10-12 week sessions. The fall session runs from September –December, the winter session runs from January-March and the spring session runs from April-mid June.

In meeting the needs and interests of girls, Girls on the Rise offers several components: informal time activities, structured enrichment programming, academic support and mentoring. In addition to these components, special events are held throughout the year, along with family focused activities.

Informal time activities are offered each afternoon in give the girls an opportunity to socialize and reconnect with each other after a very busy day at school. During this time the girls participate in various activities but not limited to talking with each other and staff, listen to music and playing board games.

Structured enrichment programs are life skills, recreation and enrichment activities that support the growth and development of the girls. In partnership with our providers, the girls participate in age appropriate groups that are fun, exciting and educational.

Academic support includes homework help, access to resources such as the internet, book club and other academic activities.

Clinical Support- Girls on the Rise offers clinical support to all to students in an effort to address any emotional, behavioral and social concerns that interfere with a student’s ability to succeed academically. Girls enrolled in the afterschool program have an opportunity to meet with the license clinical social worker informally as a “drop in” one time only to discuss issues affecting them. However, girls identified in needing ongoing support will be formally enrolled in the clinical component with permission for the parent/guardian and will meet weekly with the social worker on specific individual goals.

All-star Incentive Fridays- Girls on the Rise instituted a Rock Star Incentive Based Behavior Program modeled after Positive Behavior Intervention Support to help motivate girls to comply with program rules and have fun while learning. The girls have the opportunity to gain critical thinking skills, decision making and are able to make smart choices. They are rewarded weekly and monthly based on behavior and attendance.

Family Activities promote family connectedness as the girls and their families participate in fun activities, including Girls Summit, Christmas boutique, Thanksgiving Friends and Family, Dinner, Mother’s Day Event, and Father’s day event.

Middle School and Teen Programs Girls in grades 6 through 12 participate in our middle school and teen programs which provides one-on-one advising, transition from middle school to high school, college preparation, community involvement and mentoring.

GROUP ASSIGNMENTS

At the beginning each school year participants will be assigned a group based on their grade level.



School-Age After-School Program

This program offers girls grades 3rd-5th with academic support, literacy focused programs and hands on enrichment. Our program offers homework help, book club to help the girls with improve their academic skills.

Our curriculum also offers enrichment activities including but not limited to yoga, photography and Girls on the Run.

Middle School Programs

The middle school program is designed to motivate and empower girls' grades 6 through 8 with the knowledge and skills to make healthy decisions, achieve academic success and develop positive relationships with adults and peers.

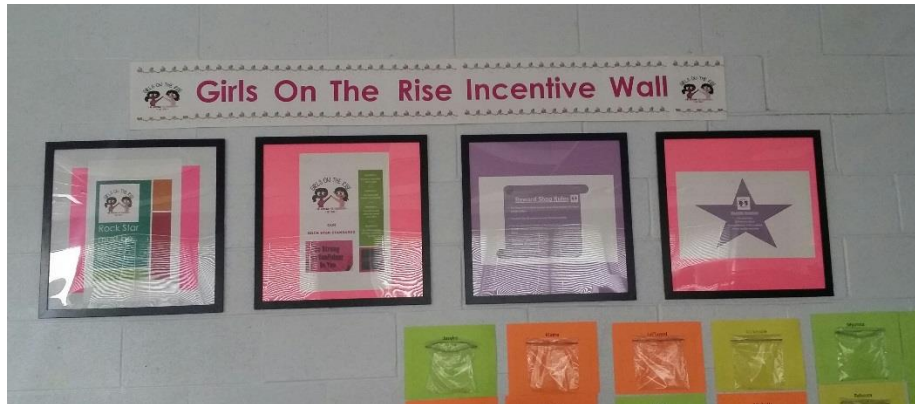
Girls participate in activities that address their development, critical thinking skills and decision making skills. The program provides support to nurture the girls during this challenging time in their lives.

Teen Programs

Girls in grades 9 through 12 participate in our teen programs. The teen program is our newest program offering many leadership opportunities for the young ladies.

All young women learn about career choices, college admissions, and other post-secondary opportunities. Teens also have access to computer access; one-on-one advising; homework help; job and college preparation, college tours and other educational programs, financial literacy workshops, career speaking series, community service, and assistance in all areas of their life's to ensure success.

ROCK STAR POSTIVE BEHAVIOR PROGRAM



- ✓ Be Responsible
- ✓ Be Respectful
- ✓ Be there, Be Ready

Girls on the Rise (GOTR) Program implemented a Rock Star Behavior Plan, modeled after the Positive Behavioral Intervention and Supports (PBIS) a proactive approach based on a three-tiered model of prevention and intervention aimed at creating safe and effective schools. Emphasis is placed on teaching and reinforcing important social skills and data-based problem-solving to address existing behavior concerns.

Girls on the Rise Rock Star Behavior Plan provides an organized system of disciplinary actions with clear expectations, incentives and consequences. Our Rock Star Behavior Plan teaches positive behavior expectations with a behavioral recognition system for participants doing the right thing. It is our belief that through consistency and positive relationships, we will improve the behavior of our participants.

The 3 major components of the Rock Star Behavior Plan is:

1. Teaching appropriate behavior in all program settings
2. Providing interventions when behavior expectations are not met.
3. Recognizing positive behaviors are met

Our Core Rock Star Behavior Core Values:

- Be Responsible
- Be Respectful
- Be There Be Ready

A DAY AT THE GIRLS ON THE RISE AFTER-SCHOOL PROGRAM



3:00pm- 3:30pm Greetings, Sign-in and Snack
3:15 pm- 4:30pm Homework Help
4:30 pm- 5:45pm Opening Circle/Workshops/Activities
5:45 pm-Dinner
6:00pm Dismissal

OTHER PROGRAM ACTIVITIES

Health and Hygiene Workshops
Coat Drive
Garden Clean Up
Girls on the Run 5K
Thanksgiving Parent Appreciation
Bra and Sock Drive
Book Drive and
Valentine's Day Celebration
Mentoring March Madness
Easter Basket
Mother's Day Spa
Father's Day Celebration

Girls Summit

To kick off the school year, Girls on the Rise offers a summit for girls and their parents where they learn new skills, tools and resources to help them succeed during the academic year. The focus of the summit is to continue to promote self-identity, positive body image, confidence and healthy relationships which will ensure that the girls have the necessary support to make healthy choices and avoid risky behaviors.

Parent Involvement

Our parent partnership and active involvement in program is a critical component of Girls on the Rise. We truly vision our parents and families as partners and look forward to continue to creating a community with mutual respect, caring and support. Our family activities and programs promote family connectedness as the girls and their families participate in fun activities, including Girls Summit, Christmas boutique, Thanksgiving Friends and Family, Dinner, Mother's Day Event, and Father's day event.



Summer Day Camp

Girls on the Rise offers a 6 week summer day camp for girls in 1st grade thru 9th grade. Our summer camp program is a fun, nurturing and comfortable environment that focuses on the girls, social emotional development and leadership skills. The Program is a high quality with a curriculum based on the industry's best practices.