

Workshops continue....

#### **Your Body Is Your Temple (Middle/High)**

This workshop is designed to educate the participants on living a Healthy Lifestyle including eating and exercise. With the increase of obesity in children and teens, it has become critical that we change our lifestyles.

The presentation will increase the awareness and knowledge of the participants on this subject and offer alternatives to junk food eating. Age appropriate exercise routines will also be discussed.

*Presenter: Willie Mae Hubbard, MD - Pediatrician*

#### **What Will I Be When I Grow Up (Middle School Only)**

This is an interactive workshop that will focus on three questions important to thinking about future career choices: (1) Career or Job: What is the Difference? (2) What are my career options? (3) How can I Achieve My Career Goal?

*Presenter: Dr. Barbara Medley, Director of Center for Applied Social Research (CASR) and Community Outreach Center (COPC) - UTC*

## **Schedule**

8:30am	-	9:00am	Sign-In/Continental Breakfast
9:05am	-	9:50am	Session I (Joint)
9:55am	-	10:40am	Session II
10:50am	-	11:35am	Session III
11:35am	-	12:05pm	Lunch
12:05pm	-	1:35pm	Guest Presentation
1:35pm	-	2:00pm	Wrap Up/Door Prizes

## **Co-Sponsors**



*Hamilton County Commissioner Warren Mackey*

*Darrell & Gloria Freeman (Brentwood, TN)*

*John P. Franklin Funeral Home*

**Delta Sigma Theta Sorority, Inc  
Chattanooga Alumnae Chapter  
&  
Deltas Serving Together, Inc. (DeSTI)**



**A FREE Summit  
for  
young ladies in Grades 6<sup>th</sup> - 12<sup>th</sup>**

**Saturday,  
March 27, 2010**

**Brainerd High School  
1020 North Moore Road**

**8:30 a.m. to 2:00 p.m.**

On-line Registration begins February 1  
Registration Deadline is March 14  
(Limited to 200 young ladies)

**Web site: [chattanoogaadst.org](http://chattanoogaadst.org)**



## About the Girls Summit

As a public service organization, we are very aware of the many problems faced by young women today. Therefore, we are taking a proactive approach by providing information that will empower our participants to effectively deal with future encounters.

Workshops will address pertinent **wellness** issues, **education** issues, and **relationship** issues.

### Parents Workshop ~ 10:50am – 11:35am **Gang Violence**

Gang violence in Chattanooga appears to be on the rise. This increase in gang activity and the recent awareness of female participation in gangs in this area is of a major concern.

This workshop will provide factual and up-to-date information of the seriousness of this issue in our community, and information of what can be done to prevent our girls from becoming involved in this activity.

*Presenter: Sgt Todd Royval - Chattanooga Police Department*

### Guest Presentation ~ 12:05pm – 1:35pm

#### **Child Sexual Abuse (Middle/High/Parents)**

The awareness, education, and prevention of child sexual abuse are extremely important. In order to prevent the occurrence of this crime, children have to be informed, educated, and empowered.

This is an interactive workshop that will bring awareness and education about the issue and provide participants with information needed to report it and reduce further victimization.

*Presenters: You Have The Power... Know How To Use It, Inc. – Nashville, TN/Panel of local professionals*

## Girls Summit Workshops

### **Careers in Action (High School Only)**

This workshop will expose participants to various career opportunities. The panel of professionals will discuss how they chose their professions, what the profession requires of them, how they have achieved success, and salary possibilities.

*Presenters: Sandra Adams, RN/Panel of professionals*

### **College Choices (High School Only)**

This workshop will discuss the different types of colleges and universities, admission requirements, and cost. It will also provide participants with information needed to make the best choices.

*Presenters: Robin Smith, Chattanooga State Recruitment Office/Rebecca Smith, Chattanooga Community Foundation/Stephanie M. Orr, UTC Recruitment*

### **Hip Hop & the Law (Joint)**

Hip-Hop music has made a great impact on the lives of youth and young adults.

This workshop will consist of a discussion about hip-hop music, the criminal lifestyle glorified in the music, and how women in the hip-hop world are often the victims of sex crimes (rap, assault, etc...)

*Presenter: Jade Dodds, Esquire*

### **Importance of Test Scores (Middle School Only)**

This workshop will discuss the importance of the various tests that students have to take in middle and high school. The focus will be on the standardized tests such as the TCAP, and Gateway, and the college admission tests such as the ACT and SAT.

The importance of good scores, test taking tips for optimal performance, and good preparation will be discussed.

*Presenter: Edna Varner, Education Consultant - Hamilton County Public Education Foundation (PEF)*

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### **Peer Relationships (Middle School Only)**

Peer pressure can be positive and negative. When it is positive, the effects are good and everyone benefits. But when it is negative, the effects can be serious and devastating.

This workshop is designed to provide participants with information needed to make good choices about peer affiliation. It will provide the participants with necessary information needed to sever negative peer relationships.

*Presenters: Karitsa Mosley/DeJuan Jordan - Stop The Madness, Inc.*

### **Sexuality 101: What You Don't Know About STD (Middle/High)**

Many young girls in Hamilton County are contracting sexually transmitted diseases (STD) and are not aware of what is happening to their bodies. Due to fear, many are not telling until they become ill.

This workshop is designed to carefully explain how these diseases are contracted, how the body reacts to them, how they are treated, and how to avoid them. Facts about the more common STDs will be presented.

*Presenter: Sandra Nelson - Chattanooga Hamilton County Health Department*

### **Teen Dating Violence (High School Only)**

Increasing violence among teenagers and the recent media coverage of this issue among young actors and recording stars has made us more aware of the seriousness of this issue.

This workshop is designed to educate and inform teens about this serious issue. It will discuss self-respect, appropriate versus inappropriate dating behaviors, give warning signs of inappropriate behavior, discuss anger, and ways to handle anger.

*Presenters: Holly Quist, Public Health Educator - Chattanooga Hamilton County Health Department/Angel Ulmer, UTC*