



Inspiring girls to be *strong, smart, and*

Girls Incorporated®
of the Island City

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FOR IMMEDIATE RELEASE

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Girls Inc. of the Island City hosts a free workshop to provide middle and high school girls information about healthy relationships

Alameda, CA– Girls Incorporated® of the Island City is hosting their second free workshop for girls in grades 6-12 on February 7, 4:00 p.m.-5:30 p.m. The workshop, *Making Smart Decisions - Healthy Relationships*, is designed to provide girls with the information they need to establish healthy relationships with others.

According to a 2005 study conducted by Teenage Research Unlimited, 72% of “tweens” (age 11-14) say boyfriend/girlfriend relationships usually begin at age 14 or younger. The same study found that 62% of tweens who have been in a relationship say they know friends who have been verbally abused (called stupid, worthless, ugly, etc) by a boyfriend/girlfriend, and only half of all tweens claim to know the warning signs of a bad/hurtful relationship.

Girls Inc. of the Island City Teen Coordinator Diana Cristales says, “Unhealthy relationships can start early and last a lifetime. Dating violence often starts with teasing and name calling. These behaviors are often thought to be a normal part of a relationship, but these behaviors can set the stage for more serious violence. The purpose of this workshop is to give young women the tools they need to set healthy boundaries for themselves and to do it in a way that empowers them at a young age.”

Special guest speakers, Officer Yakas from the Alameda Police Department alongside Master Instructor Krizten DeLassantos and Jasmine Walls of West Wind Martial Arts Studio on Park Street, will share information and host a demonstration about establishing personal and physical boundaries.

This workshop theme was chosen by participants of Girls Inc. of the Island City’s teen program. The workshop is designed to provide participants a girls-only environment that is physically, socially, and emotionally safe and focused on girls’ needs and interests. Time: 4:00pm – 5:30pm, Location: Girls Inc. of the Island City, 1724 Santa Clara Avenue in Alameda.

To register for the Making Smart Decisions - Healthy Relationships and Setting Healthy Boundaries Workshop, please call Diana Cristales, Teen Coordinator at 510-521-1743 ext. 208 or email dcristales@girlsincislandcity.org. This workshop is FREE for all girls in 6-12 grades.

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Girls Inc. of the Island City is the Alameda affiliate of the national organization Girls Inc. Since 1964, Girls Inc. of the Island City has provided the only program in Alameda designed specifically for girls. Girls Inc. programs “fill in the gap” on issues that parents and schools don’t always have the time or resources to cover. The organization provides more than 25,000 hours of

programming each year to girls ages 6 to 18. At Girls Inc., girls and teens are challenged to explore science, math and computers, examine how money is earned and invested, and to ask questions about and take leadership roles in the world. Girls Inc. also offers a licensed childcare service called Alameda Island Kids for both girls and boys at six elementary schools around Alameda, including: Bay Farm, Earhart, Edison, Franklin, Lum, and Otis. For more information about Girls Inc. visit www.girlsincislandcity.org.

***Girls Incorporated**® is a nonprofit organization that inspires all girls to be strong, smart, and bold SM through a network of local organizations in the United States and Canada. With local roots dating to 1864 and national status in the U.S. since 1945, Girls Inc. responds to the changing needs of girls and their communities through research-based programs Girls Inc. and advocacy that empower girls to reach their fullest potential and to understand, value, and assert their rights. In 2008, Girls Inc. reached over 900,000 girls through Girls Inc. affiliates, our website, and educational publications.*

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