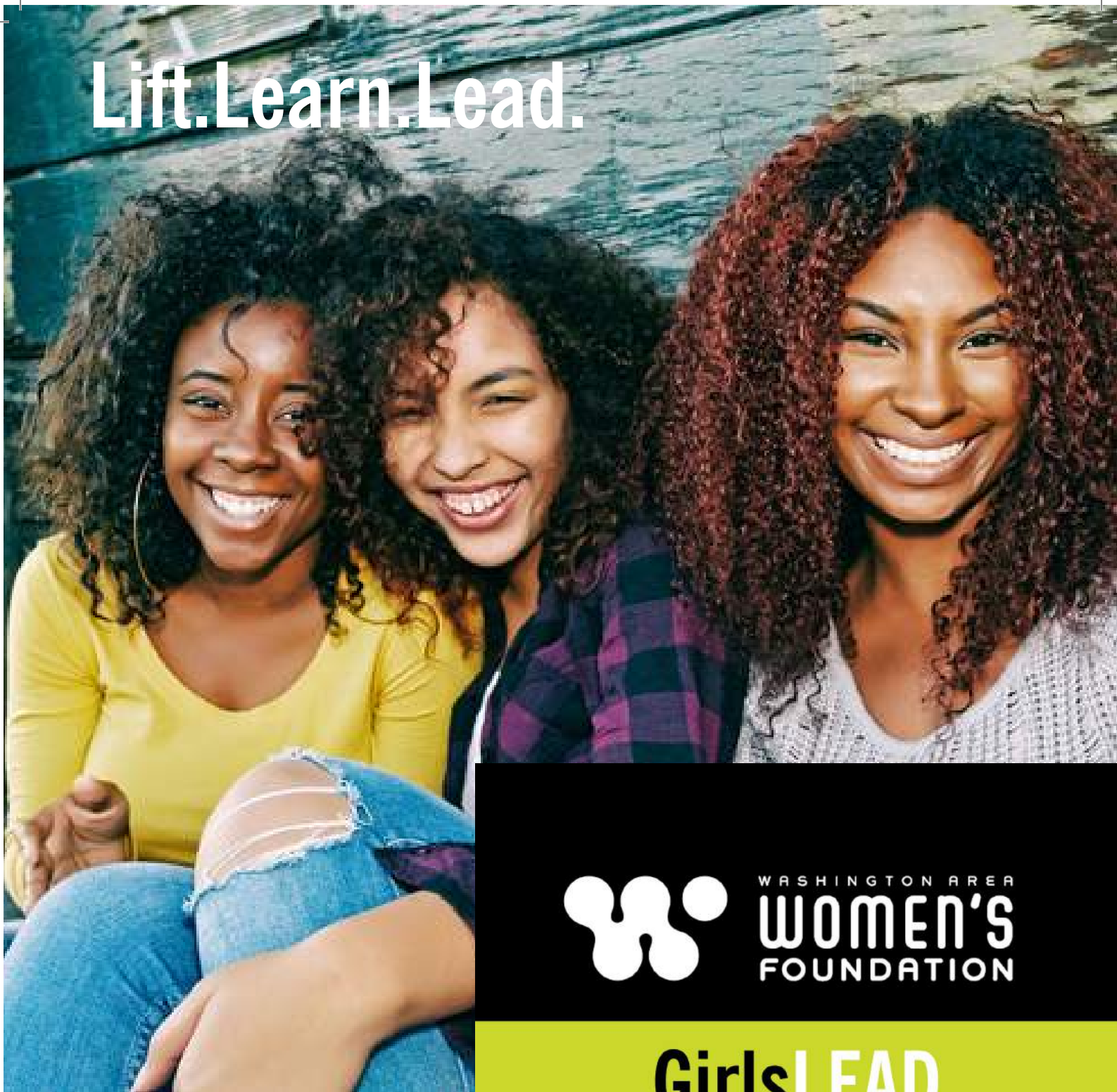


Lift.Learn.Lead.



WASHINGTON AREA
**WOMEN'S
FOUNDATION**

Girls**LEAD** SUMMIT

MARCH 9, 2018
UNIVERSITY OF THE
DISTRICT OF COLUMBIA



NoVo Foundation
create. change.



UNIVERSITY OF THE
DISTRICT OF
COLUMBIA
1851

ON SALE NOW

WASHINGTON AREA WOMEN'S FOUNDATION
"STAND TOGETHER" T-SHIRT



Stand Together is a critical battle cry and visual testament to the work Washington Area Women's Foundation has been doing for over two decades. It embodies the importance of community and the organization's profound tagline:

"Stand Together. So She Can Stand On Her Own."

Funds raised from this shirt benefit Washington Area Women's Foundation, which is dedicated to mobilizing our community to ensure that economically vulnerable women and girls in the Washington region have the resources they need to thrive.

Price: \$26

Buy it now at <https://www.districtofclothing.com/pages/standtogether>



**A Message from Jennifer Lockwood-Shabat
President and CEO
Washington Area Women's Foundation**

Welcome to the first ever GirlsLEAD Summit! Washington Area Women's Foundation is so honored to host this convening *by girls, for girls* in the District of Columbia.

Over the course of the day, you will have the opportunity to learn from each other, to encourage each other, and to validate your individual and shared experience of growing up female in our city. You'll look squarely at the issues that most impact your daily lives and your dreams for the future. You will also have the chance to talk with several dynamic professional women during your "speed mentoring" session. They will share their hard-won wisdom in how to set yourself up to compete and win in your chosen field.

And before the day is over, you will speak your truths to power. You will distill your shared wisdom and tell policymakers which systems are broken and what steps they can take to fix them. You will propose policies and programs to lift up and support girls and young women in D.C.

By girls, for girls. I can't wait to hear your ideas, to see your vision for a better world.

I am humbled to be able to follow your lead into a more equitable, more inclusive future--one where we demonstrate that we genuinely value every girl making her way in the world.

Sincerely,

Jennifer Lockwood-Shabat



Ronald Mason, Jr., J.D.
President

Greetings!

Welcome to the University of the District of Columbia, and “2018 GirlsLEAD Summit,” presented by the Washington Area Women’s Foundation. As a historically black college and the only public university in the nation’s capital, UDC is pleased to host your efforts to create opportunities for young women and girls of color to gain valuable skills and lift their voices on important issues that impact their neighborhoods and communities.



We know that women face distinct barriers as they move from poverty to economic security, and we are unwavering in our dedication to help remove those barriers. At UDC, we are committed to providing a supportive environment for young women through programs such as our “Hear Me Lead” initiative, a peer mentoring project designed to encourage the talents of female students at UDC through spoken word, and by building the skills and resilience needed to strengthen individual women as advocates for themselves and their communities. We also support the mission of our student-led “Women of Worth” club, which encourages the empowerment of women in working toward improvement of their political, social, economic, and health status.

Indeed, nurturing women and girls is a crucial component of our push for resilience and equity as we continue to transform UDC into an advanced system of higher learning. We hope that your exploration of the possibilities presented during this conference will lead to similar opportunities for growth, advancement and equity for women and girls of color.

Sincerely,

Ronald Mason, Jr.

ASPIRE. ACCOMPLISH. TAKE ON THE WORLD.

4200 Connecticut Avenue, NW — Washington, District of Columbia 20008
Phone: 202.274.6016 ▪ www.udc.edu ▪ Facsimile: 202.274.5304



Innovative and diverse research portfolio.

The University of the District of Columbia is the nation's only exclusively Urban Land-grant University. Our research is steeped in our urban context; focused on finding solutions that improve the quality of life and economic opportunity for DC residents and urban populations all over the world. Our research collaborations extend to businesses, non-profit organizations, and public sector partners including the U.S Department of Defense, National Institute of Food and Agriculture, National Science Foundation, National Institutes of Health, Air Force Office of Scientific Research and the Center for Applied Linguistics. Our location in the nation's capital provides a unique setting for successful research programs that showcase:

- A diverse portfolio that includes cancer, biology, biomedical engineering, water resources management, food security, urban sustainability, resilience, and urban health.
- Collaborations at every level from undergraduates to graduate students, faculty and research specialists.
- A commitment to relevance that spans the entire research spectrum from advancing theory to community engagement and application.

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For more information visit udc.edu/research/



About the Washington Area Women's Foundation

Our Mission & Vision

We mobilize our community to ensure that economically vulnerable women and girls in the Washington region have the resources they need to thrive. We focus on strategies that advance workforce development, asset building, and early care and education—all with a lens for gender and racial equity

We are the region's only donor-supported foundation focused exclusively on investing in women and girls. We believe in the promise of every woman and girl in the DC area and we know that when they achieve their full potential, our entire region benefits

About the Young Women's Initiative

The Young Women's Initiative of Washington Area Women's Foundation is a city-wide effort to improve life outcomes and increase opportunities for young women and girls of color. Through leadership development, advocacy, and direct support to organizations, the Initiative aims to reduce systemic and institutional barriers to success and opportunity for young women so that they can reach their full potential. The Initiative centers the experiences and voices of young women and girls of color in order to effect positive and lasting change in their communities.

About the University of the District of Columbia

The University of the District of Columbia is a pacesetter in urban education that offers affordable and effective undergraduate, graduate, professional, and workplace learning opportunities. The institution is the premier gateway to postsecondary education and research for all residents of the District of Columbia. As a public, historically black, and land-grant institution, the University's responsibility is to build a diverse generation of competitive, civically engaged scholars and leaders.



THANK YOU TO OUR SPONSORS AND PARTNERS

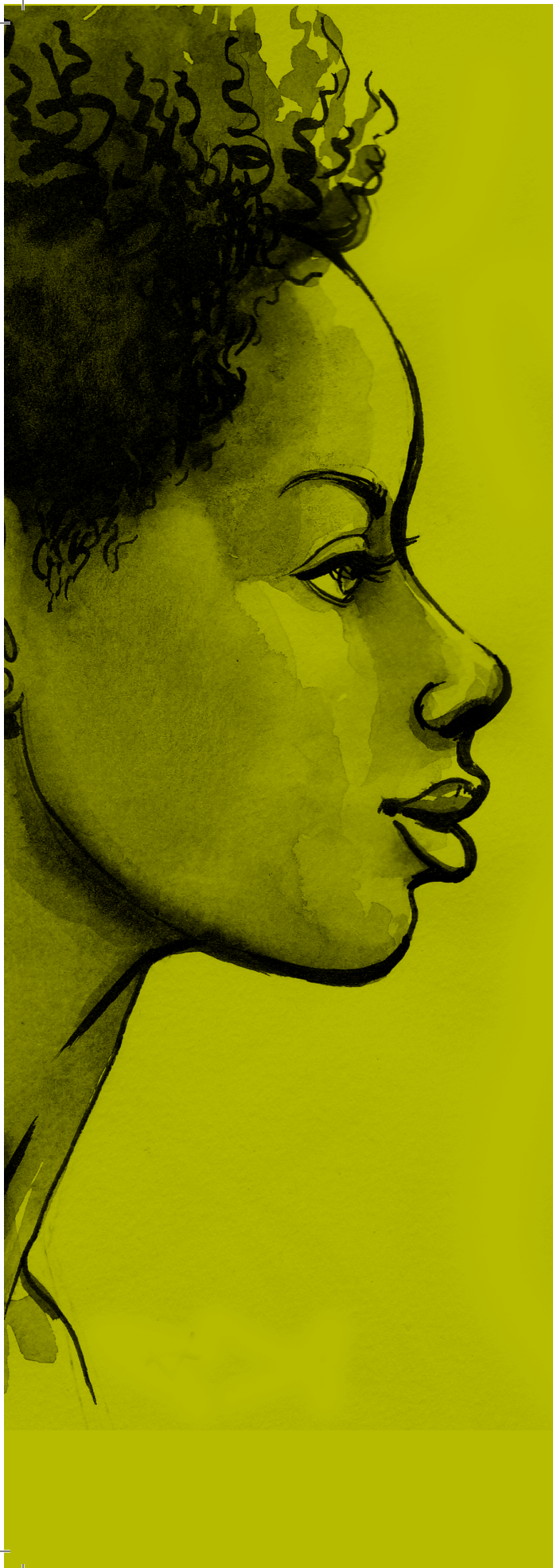
Washington Area Women's Foundation would like to thank the NoVo Foundation, Johnson & Johnson, the Coca-Cola Foundation and Samsung for their generous support of the GirlsLEAD Summit.

About the Novo Foundation

NoVo Foundation is dedicated to catalyzing a transformation in global society, moving from a culture of domination to one of equality and partnership. We support the development of capacities in people—individually and collectively—to help create a caring and balanced world. We envision a world that operates on the principles of mutual respect, collaboration, and civic participation, thereby reversing the old paradigm predicated on hierarchy, violence, and the subordination of girls and women.

Special thanks to Coca-Cola for providing beverages and to KIND Snacks for providing delicious snacks for the GirlsLEAD Summit.





The Young Women's Advisory Council

The Young Women's Advisory Council is a council comprised of young women, girls, transgender, and gender non-conforming youth of color from D.C. who are charged with helping to develop a citywide, solution-driven plan to better align direct services, policies, and resources for young women and girls of color and their families. The policy and program recommendations issued by the Young Women's Advisory Council will help direct resources to communities and organizations. Additionally Council members will have the opportunity learn about local policy and youth advocacy, and experience the power of participatory grantmaking.

2017-2018 Young Women's Initiative Fellows

Addison Moore
Amma Saunders
Ashley Ciara Strange
Briana Whitfield
Christian Herald
Hawaa Abdul-Alkhaaliq
Jasmine Leigh Mendez
Keniya Parks
Keyla Monai Ryland
Kyla Woods
Litzi Valdivia-Gazzol
Maria Alejandra Cruz Gomez
Memori Ruffin
Olivia Alexander
PreAnn Karen Walker
Ramani Wilson
Tanazia Matthews
Tatianna Ferguson
Tolani Smith
Traciee Gentry

**YWCA, National Capital Area, is the co-manager
of the Young Women's Advisory Council**

Young Women's Initiative Advisory Committee

The Washington Area Women's Foundation relies on the expertise of leaders and practitioners on issues related to young women and girls to ensure that its programs and research speak to youth's experiences. The Women's Foundation views its partnership with the Young Women's Initiative Advisory Committee as an exciting opportunity to bring together a consortium of experts on youth's issues within DC and to form long-term partnerships in continuing the efforts to improve life outcomes and increase opportunities for young women, girls, transgender women, and gender non-conforming youth of color between the ages of 12 and 24 in the District of Columbia.

Co-Chairs

Ruby Corrado, Casa Ruby
Maria Gomez, Mary's Center
Debby Shore, Sasha Bruce

Karma Cottman, DC Coalition Against Domestic Violence

Monica Hopkins Maxwell, ACLU DC
Mylyn Nguyen, Asian American LEAD
Tina Frundt, Courtney's House

Pam Jones, Crittenton Services of Greater Washington
Maggie Riden, DC Alliance of Youth Advocates (DCAYA)
Brenda Miller, DC Campaign to Prevent Teen Pregnancy
Laura Zeiliger, DC Department of Human Services

Elizabeth Falcon, DC Jobs with Justice
Parisa Norouzi, Empower DC
Nicole Lewis, Generation Hope

Lidia Soto-Harmon, Girl Scouts of National Capital Region

Denese Lombardi, Girls Inc. DC

Yasmin Vafa, Human Rights 4 Girls

Rebecca Burney, Human Rights 4 Girls

Lori Kaplan, Latin American Youth Center

Jennifer Nelson, Project Reign

Fatima Goss-Graves, National Women's Law Center

Laurie Wingate, Raise DC

Michele Booth Cole, Safe Shores

SultannShakir, SMYAL

Nate Cole, Urban Alliance

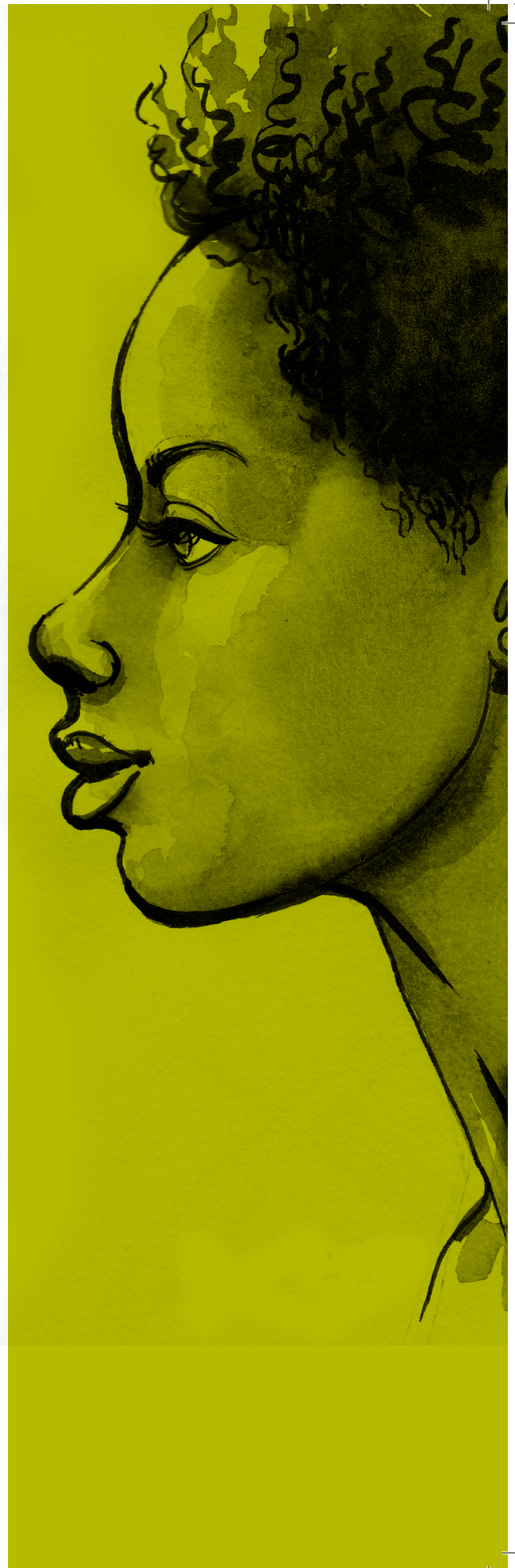
Angel Anderson, The Spice Suite

Lisa Brown, Volkswagen Group of America

Nadia Moritz, Young Women's Project

James Watkins, Living Classrooms, DC

Monica Gray, YWCA National Capital Area



GIRLS LEAD SUMMIT AGENDA



March 9, 2018

7:45 a.m.-5:30 p.m.

University of the District of Columbia

4200 Connecticut Ave NW, Washington, DC 20008

Registration	7:45 am - 8:45 am
Breakfast	7:45 am - 9:00 am
WELCOME Dr. C. Nicole Mason, Vice President of Programs Washington Area Women's Foundation	9:00 am - 9:20 am
Jennifer Lockwood-Shabat, President and CEO Washington Area Women's Foundation	
Dr. Ronald Mason, President University of the District of Columbia	
Dr. April Massey Dean, Contemporary Arts and Sciences Education University of the District of Columbia	
Moderated Conversation with Sunni, WPGC and Elaine Welteroth, Former Editor-in-Chief, <i>Teen Vogue</i>	9:20 am - 10:10 am
Speed Mentoring with Lesli Foster, WUSA 9, Weeknight Anchor	10:20 am - 11:40 am
Youth Issue Caucuses (Part I)	10:20 am - 11:40 am
Breakout Sessions: A	11:50 am - 12:50 pm
LUNCH with DJ Beauty and the Beatz *Lunch served in Main Ballroom	12:50 pm - 1:45 pm
Breakout Sessions: B	2:00 pm - 3:00 pm
Breakout Sessions: C	3:10 pm - 4:10 pm
Youth Issue Caucuses (Part II) & Closing	4:20 pm - 5:50 pm

FEATURED SPEAKERS AND GUESTS



ELAINE WELTEROTH

Former Editor-in-Chief, *Teen Vogue*

Welteroth is an award-winning journalist, media personality, and the former Editor-in-Chief of *Teen Vogue*. At the time of her hire, Welteroth was the youngest person and the second African-American ever to hold the Editor-in-Chief title in Condé Nast's 107-year history. Under her leadership, *Teen Vogue's* coverage expanded to include feminist, social justice, and political topics, alongside fashion, beauty, and entertainment news. In 2017, Welteroth also created and hosted the first-ever Teen Vogue Summit, which convened young women for a weekend of activism and empowerment, and included inspiring speakers such as Hillary Clinton and Ava DuVernay. Considered a leading expert, advocate and voice for the next generation, Welteroth has been profiled and featured in numerous media outlets, including *The New York Times*, *The Guardian*, *ABC News*, and *The Daily Show*.



SUNNI

Sunni is a morning show host at Washington DC's Powerhouse 95.5, one half of the Joe Clair Morning Show! Their show can be heard LIVE Monday- Friday 6am until 10am. She has previously graced the airways on Power 96 (Miami), FM 98 WJLB (Detroit) and Channel 95.5 (Detroit).

Sunni's family immigrated to the United States from Croatian refugee camps in 1997. Settling into a small town within Detroit city limits, Hamtramck, she quickly adopted to the American ways. Even learning to speak English in six months. She began her career in radio at the age of 18 as an intern and worked her way up to become the first woman from her country, and the youngest female radio host in Detroit.

The wonderful world of radio has its perks, but for Sunni, the best perk is the platform it has given her to spread her message of philanthropy. She's been involved with numerous charities such as The Special Olympics, Covenant House Homeless Shelter, Safe Shores DC, UNICEF, Knock Out Abuse, Becky's Fund & more. As someone with a huge audience and a voice.. Sunni believes that it's her duty to give back, volunteer, and inspire others to do as much charity work as possible. Her annual Women's Empowerment Dinner honors women around DC/MD/VA for their philanthropic work in the community, in hopes of making philanthropy a way of life.

In addition to her many brand endorsements, Sunni is the lifestyle ambassador for all of the Diageo brands. Which in addition to throwing some amazing events all over the country, Diageo is the main sponsor of Sunni's Women's Empowerment Luncheon which honors women around the DMV for their philanthropy work. This year she will host her 5th annual in May.



LESLI FOSTER

Lesli Foster is an award-winning journalist and mainstay of Washington news as a Weeknight Anchor for WUSA9 evening broadcasts Monday through Friday. She is also part of the WUSA9's Special Assignment Unit – leading their “Impact” coverage that aims to tackle community issues. Lesli joined the station in 2001 and has covered the major events of our times across the area.



GOLDIE PATRICK

A performer, producer and professor, Goldie E. Patrick is a Detroit native, working, living, and building artistic collaborations in Washington DC. Goldie is a spirited playwright, poet, performer, and teacher of hip-hop education and culture. A bold advocate for Black women and girls, Goldie has gained recognition for her work as founder, and Executive Director of F.R.E.S.H.H. Inc, Females Representing Every Side of Hip-Hop, a burgeoning theatre company of Black women that cultivates and celebrates the voices of Black women and girls in theatre. A graduate of Howard University's Theatre Arts Department, Goldie has performed from New York City, Charleston, South Carolina, Baton Rouge, Louisiana to Accra, Ghana and Johannesburg, South Africa. After writing, directing, and producing several plays, Patrick, published her first book of poetry in 2012 titled, *Soulitude*. Goldie has worked and performed Goldie is released her newest collection of poetry, *Small Water Woman* in winter of 2017 and her newest one woman play, *Name Calling*.



DJ BEAUTY AND THE BEATZ

Born in Las Vegas, NV, Sierra Serenity Roundtree aka DJ Beauty and the Beatz was exposed to music by her father before she could crawl. Passionate and professional, young DJ Beauty and the Beatz's turntable prowess has never disappointed her audience. The 16-year-old's style ranges from Hip Hop to pop to top 40's to various electronic genres. Her client list has grown tremendously, consisting of players like DC Magazine, Betsy Johnson, South Moon Under, Sushi Rock, South Beach's Cheese Burger Baby, Duke Ellington HS, Hardy Middle School, KIPP Charter Schools, Howard University, Grammy's DC Chapter, and BET.

She has been featured on FOX 5 Morning News as well as ABC News. As a young and budding talent, DJ Beauty and the Beatz is looking forward to a promising future and has proclaimed the title of The Youngest Female DJ.

BREAKOUT SESSIONS: YOUNG PEOPLE

All breakout sessions for young people are open to youth ages 12-24 and adult chaperones or mentors.

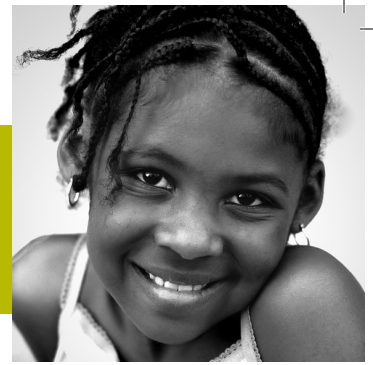


Need a chill break? If, during the conference, you need a break or someone to talk to, visit the chill lounge on the second floor outside of the main ball room.

*Indicates that the facilitator or co-facilitator is a young person

BREAKOUT SESSIONS: A/YOUNG PEOPLE

11:50 am - 12:50 pm



[1] DOING THE MOST: SELFIES, SOCIAL MEDIA & PREPARING FOR THE FUTURE

Christen McCluney, *Digital Media and Social Impact Professional*

Social Media is huge part of life—thoughts often become tweets and selfies with friends and families can make you Insta-famous. BUT what if you didn't mean to post that thing that you posted—Yikes! Sure, you can press delete, but it's nearly impossible to truly erase social media posts made in haste or that you regret soon after posting. This workshop will highlight the importance of being safe and maintaining integrity online while still having fun. It will also help you better use social media to prepare for their future.

Audience: All Youth

[2] #METOO AT SCHOOL: RECLAIMING YOUR TITLE IX RIGHTS TO STOP SEXUAL HARASSMENT

Elizabeth Tang, *National Women's Law Center*

***Christian G. Herald**, *Young Women's Advisory Council*

***Revati Mahurkar**, *Georgetown Day High School*

One in five girls ages 14-18 report being kissed or touched without their consent—and that number is even higher for girls of color, LGBTQ girls, and girls with disabilities. Fortunately, Title IX requires your school to address sexual harassment so that you can learn in a safe environment. Join us for an interactive workshop on how to identify sexual harassment, advocate for your Title IX rights at school, and foster a culture of consent and respect among all students.

Audience: High School Youth

[3] DIGITAL DESIGN STUDIO: WHY DO FEELINGS FUEL GREAT DIGITAL EXPERIENCES?

Presented by Audi

Kimberly Shyu, *Digital Ownership Experience Manager at Audi of America*

In this design blitz session, learn how emotional intelligence (EI) plays a role in the digital product management lifecycle, and why women tend to be great for the job. As a product manager, it's important to understand your customer so you can build features they really want. Journey mapping, user research, and using a "lean UX" approach to digital products are just a few ways. But most importantly, to build EI and empathy with others, you must first master your own feelings. These skills help create more meaningful relationships in personal life as well. After an overview of EI and the digital product management lifecycle, participants will do a design blitz to solve a fictional customer situation, with the goal of alleviating the customer's problem by creating a thoughtful user experience. Participants will learn how to create design sketches, gather user feedback, write a user story for development, launch the product, and create a feedback loop. No experience needed!

Audience: High School Youth & Young Adult

[4] ME TIME: LOVE YOURSELF WITH SELF & COMMUNAL CARE

Alina Liao, *MindRight*

***Troy Williams**, *Dunbar High School*

The most powerful relationship you will ever have is the relationship with yourself. So what are we doing on a regular basis to nurture our sense of self-love? In this interactive workshop, we'll develop self-care and communal-care strategies that can help teenage girls of color manage the challenges of everyday life. Participants will leave this workshop empowered with their own self-care plans and MindRight's texting service as a daily resource.

Audience: High School Youth & Young Adult

[5] IS THAT YOUR DAUGHTER OR YOUR SISTER? BUSTING MYTHS AND ASSUMPTIONS ABOUT EARLY MOTHERHOOD

Presented by the Young Women's Advisory Council

***Olivia Alexander**, *Young Women's Advisory Council*

***Tanazia Matthews**, *Young Women's Advisory Council*

***Memori Ruffin**, *Young Women's Advisory Council*

***Brianna Whitfield**, *Young Women's Advisory Council*

Young mothers often face barriers to long-term success and have a more difficult time achieving their goals without on-going support from community and family. In this session, you will hear from young mothers about their journeys and what they believe should be done to support them and their families. Participants will also discuss myths about pregnancy and young motherhood, and how girls can feel empowered to access the full range of reproductive health choices.

Audience: High School Youth & Young Adult



[6] AUDRE'S JOY: THE CRAFT OF RESILIENCE AND CELEBRATION IN A CREATIVE WRITING AND PERFORMANCE WORKSHOP

Presented by the Beltway Poetry Slam

Angelique Palmer

NoNae (Goddess X)

This workshop will provide an in depth approach to writing—grounded in the work of Audre Lorde—which both empowers and fuels the many joys we hold at various intersections. Participants will examine how the creative spirit often manifests itself in resistance to all of the things which may threaten these very joys we hold especially for young women of color. Seasoned instructors are dynamic and engaging offering various techniques and dialogue in a reciprocal teaching method. This highlights critical awareness and crafting necessary work in celebration of the self, as often young girls are being denied the ability to be themselves without any threat of violence, silence, or trauma. Participants will then have an opportunity to perform, share, respond, and critique.

Audience: All Youth

[7] LOVING ME AND TAKING CARE OF MY BODY

Presented by the **Department of Health and Human Services**

Wuyah Gbondo, STEP Case Manager

Teal Cole, Co- Facilitator of Flower Girls with DHS -Youth Services Division

Kia Oliver, Co- Facilitator of Flower Girls with DHS -Youth Services Division

Jordan Stewart, Co- Facilitator of Flower Girls with DHS -Youth Services Division

This session aims to increase awareness of stereotypes and influence on body image, education of symptoms of low self-esteem and identifying ways to increase positive body image. Our session will target high school-aged girls. To begin, the session facilitators will ask participants to analyze and answer three journal questions. Then, participants will engage in a discussion providing answers while facilitators provide positive reinforcement for participants. Following that discussion, there will be an interactive PowerPoint presentation that discusses impacts of body image on self-esteem; confidence, and cultural influences.

Audience: High School Youth

[8] YOGA DIVA: HOW TO 'SPARK' MY INNER BEAUTY AND INDIVIDUAL BRILLIANCE THROUGH YOGA AND CREATIVE ARTS!

Mallory Pettis, Vikara Village

Tiffany Ananda, Vikara Village

In DC, it's estimated that 59.9% of teens who experience a Major Depressive Episode received no treatment. A recent study published in the journal *Pediatrics* suggests that teen girls are experiencing major depressive episodes more than boys at this age. Join us for an interactive and engaging workshop to learn positive 'Black Girl Magic' techniques to reduce stress, remember self-worth, and restore confidence through yoga, guided relaxation, and vision boarding.

This class is limited to 20 young people

Audience: All Youth

[9] MENTORS MATTER: SELECTING, APPROACHING AND MAXIMIZING THE MENTEE-MENTOR RELATIONSHIP IN ORDER TO REALIZE YOUR PERSONAL AND CAREER GOALS

Tola Lawal, Gyrl Wonder

Succeeding in work and life is about hard work, perseverance and setting yourself apart from the crowd. It's also about creating a support system of peers and adults that can help navigate tough situations, advocate for you, and provide you with sound advice on how to get ahead. In this workshop, participants will learn how to select a mentor based on their goals or chosen career path, how to approach a potential mentor, and the do's and don'ts of mentor-mentee relationships.

Audience: High School Youth & Young Adult

[10] FORGET PERFECTIONISM: FAIL FAST AND FAIL FORWARD

Dionna Dorsey, Founder of Dionna Dorsey Design & DISTRICT of CLOTHING

Truth is, most of the time we're not beach, business or Instagram ready, and that's okay! This workshop dismantles the fairytale and examines the honest-to-goodness truths about entrepreneurship. We'll examine branding and the power of vulnerable leadership, the importance of community, getting started, and most importantly, failing fast and failing forward. Join us as we celebrate failure, and examine the lessons learned and forgetting about perfectionism.

Audience: All Youth

**[11] GIRLS TALK ABOUT RELEVANT ISSUE AFFECTING GIRLS:
COLLEGE COEDS SPILL THE TEA ABOUT SUBSTANCE ABUSE, HIV, MENTAL HEALTH, AND HCV**

Dr. Sislana Ledbetter, UDC, Professor and Campaign 9:30 Primary Investigator

Ms. Chereen Leid, MA, UDC, Campaign 9:30, Project Coordinator,

Dr. Phronie Jackson, UDC, Adjunct Professor and Campaign 9:30 Data Analyst

Student Peer Educators, UDC, Campaign 9:30

Members, UDC, Women of Worth

African American Females are at disproportionate risk of being exposed to Substance Abuse, Mental Health Issues, HIV and HCV. Student leaders will conduct interesting, informative, and interactive discussions at four different stations. Every fifteen minutes the attendees will rotate through the stations, until they have participated in each topic. Participants will be exposed to targeted strategies aimed at preventing and innovative interventions intended to reduce stigma, manage and reduce the impact of these illnesses.

Audience: All Youth

BREAKOUT SESSIONS: B/YOUNG PEOPLE

2:00 pm - 3:00 pm



[1] THE WORKPLACE HUSTLE: FACING BARRIERS AND FINDING ALLIES AS A WOMAN OF COLOR

Melanie R. Brown, *The Bill and Melinda Gates Foundation*

Chloe Louvouezo, *The Bill and Melinda Gates Foundation*

Alejandra Montoya-Boyer, *The Bill and Melinda Gates Foundation*

Radha Rangarajan, *The Bill and Melinda Gates Foundation*

For women of color living at the intersection of gender, race and ethnicity, among other identities, showing up as one's full self at work or at school can be a daunting task and a constant internal (and at times external) battle. This session will allow participants to hear from four women of color who navigate this space every day. They will discuss the unique challenges and opportunities they have faced in work or in school, how they have navigated these spaces without losing themselves, and the importance of finding allies to lift and support you. Get ready to move! This will be an interactive session with icebreakers, panel and small group discussions, scenario reenactments and time for Q &A.

Audience: Young Adult & Practitioners

[2] WHERE DO YOU WANT TO GO? GIRLS OF COLOR TRAVEL THE WORLD

Courtney Mercado, *Girls on the Rise Afterschool Program, Christ Child Society*

***Jacqueline Assiri**, *St. Thomas More Catholic Academy*

Presenters will lead an engaging and lively discussion on the importance of traveling, and help girls identify countries that offer ample opportunities for educational and personal development. Participants will also identify their own potential travel destinations and write personal words of encouragement on a group tee-shirt in reference to why traveling is important for girls.

Audience: All Youth

[3] MS. SMARTY PANTS: GETTING TO COLLEGE, A ROADMAP

Michelle Avelino, *Generation Hope*

As communities continue to grapple with pressing issues such as poverty, homelessness, and hunger, Generation Hope believes that empowering our most vulnerable citizens to earn college degrees is an effective and innovative approach to addressing a root cause of these issues. Educational access and attainment are determining factors in the success of young girls—and the success of our entire community. Our college-readiness workshop will provide basic college and financial aid information to empower teens to know that college is an option. Furthermore, the girls will receive an overview of the Generation Hope Scholar Program that focuses on teen parents receiving support to attend college.

Audience: All Youth

[4] FROM VICTIM TO SURVIVOR: EMPOWERING YOUNG WOMEN SURVIVORS OF SEXUAL EXPLOITATION AND TRAFFICKING THROUGH ART AND ECONOMIC OPPORTUNITIES

Andrea Powell, *Founder and President, Fair Girls*

Come learn more about human trafficking and ways that young women survivors are empowering themselves through the art of jewelry making. We'll be making jewelry, learning about the issue of trafficking, and finding strategies for you to get involved!

Audience: All Youth

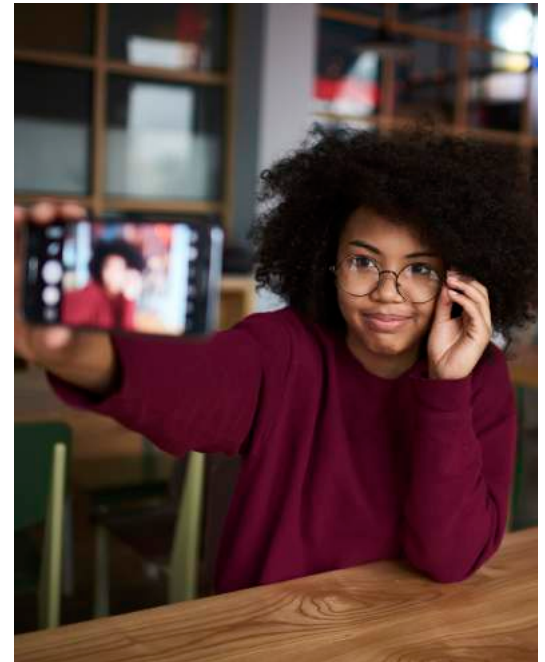
[5] SELFIE CIRCUITS

***Alicia C. Lane**, *Techbridge Girls*

***Mary-Margaret**, *TechBridge Girls*

This girl-led workshop will provide girls with the opportunity to learn basic electrical engineering concepts by creating a simple circuit with an LED light while discussing and debunking stereotype threats with positive affirmations. In this workshop, participants will take and personalize Polaroid pictures with positive adjectives, STEM images, and LED lights. In this way, girls will discuss STEM careers, ideas about how to persist in the STEM workplace, and reinforce the formation of a STEM identity.

Audience: All Youth



[6] AFTER THE STORM: LIVING YOUR BEST LIFE AFTER A TRAUMATIC EXPERIENCE

Sandrine Symone

Recently in the news, hashtags like #metoo and #Timesup have gained popularity. Every 98 seconds, a person is experiencing a form of sexual assault. Sexual violence affects hundreds of thousands of people each year with 90% being female. Over 60% of survivors blame themselves and hold on to the guilt and pain, causing them to live a life of depression, fear, anxiety, stress, and constant flashbacks, making it difficult to cope afterward. This workshop will shed light on sexual assault/rape, and the steps needed to transition from being a victim into survivor in order to live the best life after a traumatic experience.

Audience: All Youth

[7] RED SPRINKLE FASHION BOOTCAMP: HOW TO BECOME A FASHION ENTREPRENEUR 101

Madiana Margao, *Red Sprinkle, LLC*

According to Forbes, 90% of start-ups fail, leaving a success rate of 10% for budding entrepreneurs. Within the District of Columbia alone, there are over 60,000 small businesses, with nearly 43% being owned by female leaders—the largest share in the nation. Red Sprinkle Fashion Bootcamp: How to Become a Fashion Entrepreneur provides the foundation to entrepreneurial success by offering high-school aged participants specific insight on how to establish a business, including the determination of business type and financing methods, as well as the development of a “mini-business plan.” Youth are exposed to creative career options through a workshop designed to engage participants in active and lively hands-on learning processes.

Audience: High School & Young Adult

[8] CODING THE WORLD: AN INTRODUCTION TO CODING

Presented by Girls Who Code

Amy Layman, Girls Who Code

Computing skills are the most sought after in the US job market, with demand growing three times the national average—but girls across the US are being left behind. Today, less than a quarter of computing jobs are held by women, and that number is declining. In this workshop, Girls Who Code will provide interactive, introductory coding lessons featuring both Scratch and Makey Makey. The session with a short presentation about how you can get involved in either their free Clubs Program or their free Summer Immersion Program.

****Session is limited to 20 participants**

Audience: All Youth

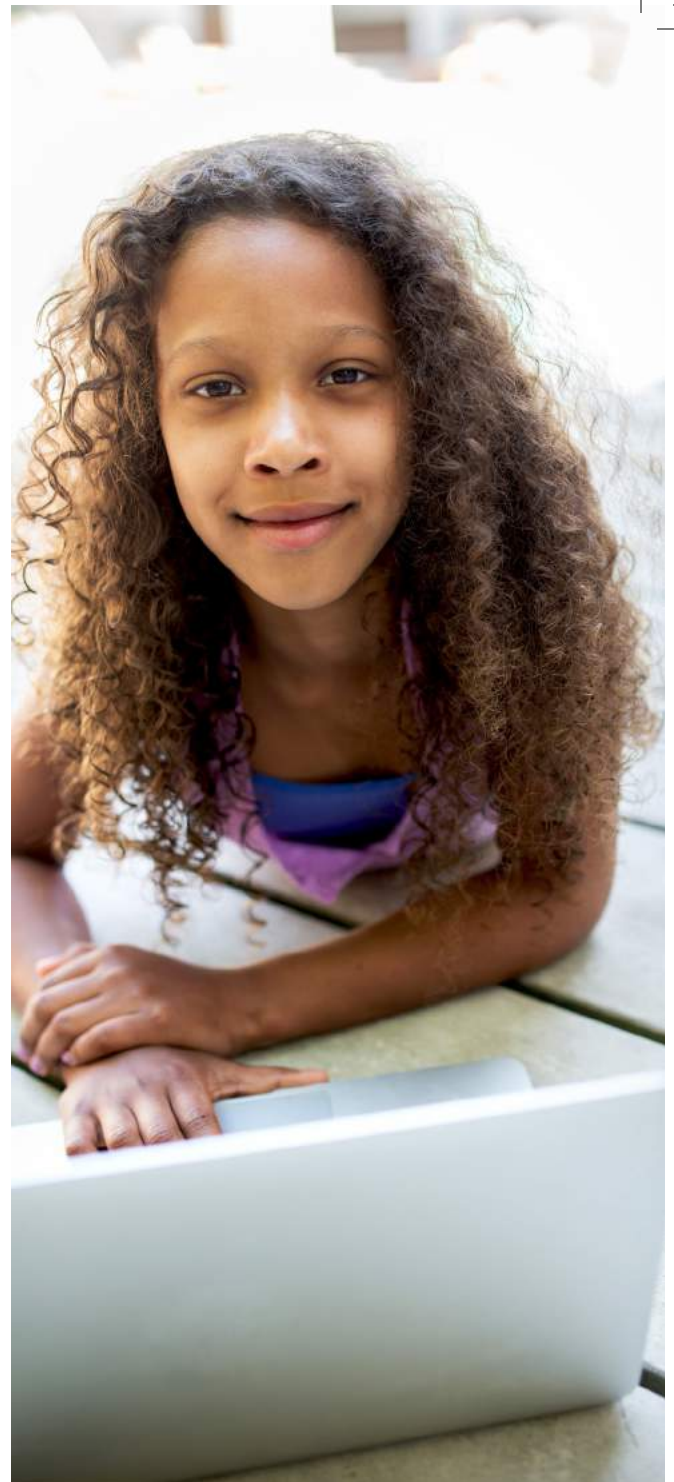
[9] LISTEN TO ME WORLD: QUEEN BEEZ, THE SOCIAL RESPONSIBILITY OF HIP-HOP AND HOW TO CULTIVATE CHANGE ONE SONG AT A TIME (HIGH SCHOOL)

James Watkins, Queen Beez Program, Living Classroom

with **Tyshae Carey, *Kaliyah Smith, *Chanree Watts, *D'Yonnie Davis, *Dorothy Ross, *Kishae Belt, *Arianna Pettiford, and *Taylor Watts*

The Queen Beez program is a mentoring program that presents young girls from underserved communities an opportunity to express themselves through Hip-Hop based education. The program mixes music and empowerment to cultivate leadership skills, career exploration, STEM, and technology/video production into a performing arts-focused curriculum tapping into the latest media trends. With the help of current Queen Beez members, participants in this workshop will understand how their voices can cultivate change in their communities. They will also learn the basic techniques of songwriting and record an original song on the spot that addresses a social or environmental issue.

Audience: High School



[10] PUT YOUR BEST FACE FORWARD: A TEEN GIRL'S GUIDE TO TAPPING INTO YOUR NATURAL GIFTS TO LIVE YOUR BEST LIFE

Tiyana Robinson, Professional Makeup Artist and Beauty Educator

Join us for a discussion on how you, as a teen girl or young adult, can discover and earn a living utilizing your unique gifts, skills and talents RIGHT NOW so that you can build a life that's filled with excitement, adventure, and joy. The session will end with a demo of Tiyana's signature everyday face.

Audience: High School & Young Adults

[11] GIRLS MAKING CHANGE: ADVOCACY 101

Erin Keith, Esq., Georgetown Juvenile Justice Clinic and Initiative

Girls Making Change: Advocacy 101 is all about inspiring participants to become change agents and social justice advocates, right where they are in life! Girls will learn about the characteristics that make advocacy persuasive and the different strategies they can use to advocate, including social media outreach, letter-writing campaigns, coalition building, and legislative testimony. They will also have an opportunity to learn about girls in other cities who are already advocates, while brainstorming ways to solve an issue in their own community through advocacy.

Audience: All Youth

[12] SOMEWHERE OVER THE RAINBOW AND IN OUR COMMUNITIES: YOUNG LGBTQ FOLKS TALK BACK ABOUT THEIR LIVES

Presented by the **Young Women's Advisory Council**

***Traciee Gentry**, Young Women's Advisory Council

***Addison Moore**, Young Women's Advisory Council

***Keniya Parks**, Young Women's Advisory Council

Did you know that 4 in 10 LGBT (42 percent) say that the community in which they live is not accepting of LGBT people and two times more likely as their peers to say that they have been physically assaulted, kicked or shoved? Join us for a real and honest discussion about the experiences of young LGBTQ people of color in their communities and at school. Participants will be able to share their experiences and receive support resources and information.

Audience: All Youth

BREAKOUT SESSIONS: C/YOUNG PEOPLE

3:10 pm - 4:10 pm



[1] I'M A BOSS! THIS IS MY RÉSUMÉ

Alicia Jackson-Warren, M.Ed., Prince George's Community College

The résumé leverages your opportunity to create a professional imprint on future employers. Young women in this session will walk away with an understanding of how the résumé becomes a marketing tool for your knowledge, skills, and abilities. Participants will also leave with access to an online career and résumé building resource, as well as sample documents.

Audience: High School & Young Adult

[2] CODING THE WORLD: AN INTRODUCTION TO CODING

Presented by Girls Who Code

Amy Layman, Girls Who Code

Computing skills are the most sought after in the US job market, with demand growing three times the national average—but girls across the US are being left behind. Today, less than a quarter of computing jobs are held by women, and that number is declining. Girls Who Code, In this workshop, Girls Who Code will provide interactive, introductory coding lessons featuring both Scratch and Makey Makey. The session with a short presentation about how you can get involved in either their free Clubs Program or their free Summer Immersion Program.

****Session is limited to 20 participants**

Audience: All Youth

[3] LISTEN TO ME WORLD: QUEEN BEEZ, THE SOCIAL RESPONSIBILITY OF HIP-HOP AND HOW TO CULTIVATE CHANGE ONE SONG AT A TIME (MIDDLE-SCHOOL)

Alisandra Ravenel, Browne Education Campus

with ***Laurice Djepeno**, ***Emilie Kpadea**, ***Emmanuela Tapande**, ***Naira Steward**, ***Erica Smith**, ***Jyrah Todd**, ***Cherise Brock**, and ***Denim Davis**

The Queen Beez program is a mentoring program that presents young girls from underserved communities an opportunity to express themselves through Hip-Hop based education. The program mixes music and empowerment to cultivate leadership skills, career exploration, STEM, and technology/video production into a performing arts-focused curriculum tapping into the latest media trends. With the help of current Queen Beez members, participants in this workshop will understand how their voices can cultivate change in their communities. They will also learn the basic techniques of songwriting and record an original song on the spot that addresses a social or environmental issue.

Audience: Middle School Youth



[4] NURTURING WOMEN'S INNOVATIVENESS AND STRENGTH IN ENGINEERING THROUGH EXPERIENTIAL LEARNING IN BIOMEDICAL ENGINEERING (WISE)

Lara Thompson, Associate Professor, University of the District of Columbia

This presentation addresses the attitudinal effects of Biomedical Engineering (BME) activities and engineering role-model exposure on underrepresented minority female youths (high school students) and young adults (UDC undergraduate students). Dr. Thompson uses a novel approach (interactive learning and exposure in BME) to bridge the gap between the biological sciences (typically female-dominated) and engineering (typically male-dominated). The goal of this workshop is to expose female high school students, young adults, and practitioners to the various research and educational activities conducted within the UDC Center for Biomechanical and Rehabilitation Engineering lab.

Audience: High School & Young Adult

[5] HOW TO SHOW UP & SHOW OUT: INTERVIEWING AND NETWORKING SKILLS WORKSHOP

Krystal Willingham

This workshop will equip you with interviewing and networking skills for high school, scholarships, college, and careers. It will provide knowledge that will demonstrate how to prepare for an interview, the “do’s and don’ts” during an interview, and the importance of following-up after an interview. This workshop will also provide the young ladies with networking tips to successfully engage in professional conversations.

Audience: High School & Young Adult

[6] DISRUPTING THE SYSTEM: ADVOCACY 101

Maggie Riden, DC Alliance of Youth Advocates

This workshop will explore the strategies that girls and women can utilize to ensure their voices are heard by local policymakers and elected officials who are charged with making policy, practice or funding decisions that impact their lives. We’ll explore the local elected official landscape, the various levers of influence, and upcoming windows of opportunity to inform and expand the opportunities, services and supports available to girls and women of color in the nation’s capital. This will be a lively and action-oriented session.

Audience: All Youth

[7] HIP-HOP REMIXIN' YOUR FAVORITE HANDGAMES

OnRae LaTeal, *Co-Founder and Music Producer of the Black Girls Handgames Project*

Whether the protest songs and chants of the civil rights era or Negro spirituals, Black people have historically used music as a form of joy and resistance. Handgames are no different, since they are literal expressions of happiness despite the traumatic occurrences that are often synonymous with Black girlhood. In this workshop, participants will explore the cultural tradition of childhood handgames as a method of promoting joy, resiliency and sisterhood for girls of color through visual art and hip-hop performance.

Audience: All Youth

[8] FEEL IT IN “LA SOUL”: DANCE WITH CONFIDENCE

Angela Townsend, *Dance Instructor*

Designed with young women of color in mind, join this workshop and learn a new skill—salsa dancing—while simultaneously becoming empowered and learning ways to feel, believe, and have an essence of confidence!

Audience: High School & Young Adult

[9] HOMELESSNESS AND STRIFE: THE STRUGGLE TO SURVIVE

Presented by the Young Women’s Advisory Council

***Ashley Strange**, *Young Women’s Advisory Council*

***PreAnn Walker**, *Young Women’s Advisory Council*

***Keyla Ryland**, *Young Women’s Advisory Council*

Nearly 1 in 5 D.C. residents named housing as the biggest problem facing the District. Low-income residents often pay nearly all their income for rent and struggle with homelessness or housing instability. In this workshop, you will hear from those who have direct connections with homelessness. They will share how they became homeless at very young ages and the everyday struggles they faced. You will have an opportunity to participate in a Homelessness Simulation where you will experience the many different ways people become homeless or face financial struggles.

Audience: All Youth

[10] FULL STEAM AHEAD: GIRLS DO STEAM THINGS AND CHANGE THE WORLD

Presented by the Young Women's Advisory Council

**Hawaa Abdul-Alkuaaliq, Young Women's Advisory Council*

**Tolani Smith, Young Women's Advisory Council*

Although girls and boys perform equally well on STEAM related subjects, girls are less likely to enter STEAM fields as adults and are underrepresented. Only 15% of Black and Latina girls and young women enroll in advanced science courses. In this workshop, participants learn about STEAM opportunities and engage in hands-on experiments.

Audience: All Youth

[11] ARE YOU DATING DANGER:

WHAT'S THE DEAL WITH GIRLS WHO ARE IN UNHEALTHY RELATIONSHIPS; IT'S THEIR FAULT-THAT WOULD NEVER BE ME!

Nicole Fishman, Butterfly Odyssey

1 out of every 3 teens in America have been abused, physically, emotionally, or sexually by their dating partner every single year. Would you know if you are a victim? Have you said to yourself "That would never be me!" Have you seen other girls being abused and you said to yourself "She must like it, she doesn't want to leave!" Join me to discuss the facts and myths behind dating violence. Let's have a real conversation about what you've seen and experienced. We will talk about the signs to look for so you are not "dating danger." You will also learn about how to get help if you ever find yourself in a dating violence situation. The conversation will be real, with real life stories—you don't want to miss it!

Audience: High School Youth

BREAKOUT SESSIONS: PRACTITIONERS

Practitioner breakout sessions are for individuals working with and alongside girls, including chaperones, mentors, or those working in girl-serving organizations.



BREAKOUT SESSIONS: A/PRACTITIONERS

11:50 am - 12:50 pm



[1] CREATING HEALTH COMMUNITIES: IDENTIFYING & CHANGING OUR SYSTEM RESPONSES TO TRAUMA

Shakira Washington, *National Crittenton Foundation*

Sara Kugler, *National Crittenton Foundation*

Girls, young women, and gender-nonconforming young folks, especially LGBTQ youth and young folks of color, experience disproportionate rates of violence and childhood trauma, yet systems charged with their care often criminalize youth who are navigating the impact of trauma. What would a different type of system response look like? This workshop will review the latest research on Adverse Childhood Experiences, the impact of toxic stress on girls and GNC young folks, and how system responses to behaviors resulting from trauma often compound, rather than mitigate, harm for young people. With a particular focus on schools and the juvenile justice system, this interactive workshop will address the misreading of girls and GNC young people responding to trauma and discuss how systems can respond differently and assist in, rather than impede, the creation of healthy communities.

[2] PASS IT ON: EMPOWERING GIRLS TO BECOME LEADERS IN SEXUAL HEALTH

Sheila Strain Clark, *Sasha Bruce Youthwork*

Elsa Falkenburger, *Urban Institute*

Gifty Barjolo, *Sasha Bruce Youthwork*

Tamica Young, *Sasha Bruce Youthwork*

How can we empower girls to become critical thinkers that make healthy and informed decisions about their bodies, personal development and identity? What are effective ways to build a sense of agency and confidence in girls that translates into healthy-decision making? How do you build the expertise and capacity of the local community to support young women in navigating relationship and sexual health decisions as they approach adulthood? Urban Institute, Sasha Bruce Youthwork and the DC Housing Authority have partnered with community leaders to research and document the implementation of PASS, a gender-specific sexual health and safety program in two DC public housing communities. Using trained community leaders as experts, and in collaboration with researchers and direct service providers, PASS seeks to impact girls and their environments by creating a community of informed, empowered, and connected young women. In this workshop, partners from the Urban Institute, Sasha Bruce and participating girls will co-present their experiences. Then, girls will facilitate a curriculum sample interactively with the audience.

[3] GIRL, WE GOT YOU: MENTORING GIRLS OF COLOR

Leah Francis, *Consultant*

Girls of color in DC, like in any other urban community, have a strong need for mentoring. This workshop will examine why mentoring is needed, what formal and informal mentoring looks like in the community, how to get involved in mentoring and key principles and practices for mentoring effectively to the teenage demographic. Participants can expect to leave with a deeper knowledge of what is facing teen girls of color and how to be a positive and influential supporting cast member in their lives.

[4] POWERFUL GIRLS INTO DYNAMIC LEADERS: THE VITAL ROLE OF GIRLS' CLUBS

Dr. Susan M. Blaustein

Jessica Gilbert, Director of Alumni Services, Urban Alliance

Marie Helen De-messou, Intern, Urban Alliance

Nearly 10,000 girls in India, Ghana, Kenya and Haiti are emerging as future leaders of their communities and countries in WomenStrong International Girls' Clubs. It's time for Girls' Clubs in D.C.! For anyone who might be interested in setting up a Club, this workshop will provide a practical list to consider and a "how-to" guide. We'll look at why clubs are so badly needed in D.C., and what girls at every age can gain by joining with other girls and getting a boost toward becoming confident, future leaders.

BREAKOUT SESSIONS: B/PRACTITIONERS

2:00 pm - 3:00 pm



[1] WORKING WITH MAGIC: CONSIDERATIONS IN SERVING AFRICAN-AMERICAN GIRLS

Satira Streeter, PhD

This presentation will examine the various traumas that many girls have experienced, as well as the environment that teachers and service providers must set for healing to begin. We will examine the factors that negatively impact African-American girls and discuss how to recognize and reduce these factors. Lastly, we will discuss “Black Girl Magic” and the resiliency that most girls possess that we can build upon to usher girls into healthy and strong womanhood.

[2] #METOO – HEALING FROM CHILD SEXUAL ABUSE: WHAT IT IS AND HOW TO HELP

Erin McGuinness, MPH, LISCSW, Safe Shores

Gerald De Leon, Safe Shores

This highly interactive session will open with a conversation about common myths about child sexual abuse. We’ll look at how trauma impacts people’s behavior and long-term health. The Children’s Advocacy Center (CAC) model will be introduced as a best practice for helping young victims and also as an example of the many professional options available to help those affected by sexual abuse. Participants will have the opportunity to explore reasons for considering a career in the helping professions, concerns they have, and core skills that are needed for success in this field. The session will also cover secondary trauma and self-care.

[3] YOU GOOD, GIRL? EMPOWERING GIRLS TO MANAGE CHRONIC STRESS

Presented by the American Public Health Association

Kelly Nelson, American Public Health Association

Regina David Moss, American Health Association

In addition to the challenges of navigating puberty and adolescence, Black and Latina girls are forced to deal with harsh realities including, homelessness, violence and feeling unsafe, and food insecurity, on a regular basis. To buffer the stressors experienced by girls of color in the District—and keep them on a healthy trajectory—practitioners can strengthen girls’ resilience and advance strategies for preventing and managing chronic stress as an alternative to disciplinary intervention. This workshop will incorporate interactive learning exercises to reframe how practitioners identify and respond to the elements of chronic stress in young women and girls of color. Exercises will examine the social and environmental causes of inequities that perpetuate chronic stress in minority young women and girls; practice strategies for optimizing outcomes in young women and girls of color; and evaluate case studies promoting resilience in minority students in urban schools.

BREAKOUT SESSIONS: C/PRACTITIONERS

3:10 pm - 4:10 pm



[1] CYNTOIA BROWN, BRESHA MEADOWS AND THE ABUSE TO PRISON PIPELINE FOR GIRLS OF COLOR

Rebecca Burney, Rights4Girls

For girls, sexual abuse is one of the primary predictors of entry into the juvenile system. The most common coping mechanisms for abuse—running away, substance abuse, and truancy—are also the most common offenses for which girls are arrested. This interactive workshop will explore how the intersections of race, gender, and violence cause our most marginalized girls to be criminalized for their experiences of sexual violence and exploitation and identify strategies to develop survivor-centered, culturally-competent, trauma-informed approaches to address the needs of justice-involved girls.

[2] #BLACKHAIRBELONGS: NAVIGATING THE POLITICS OF BLACK HAIR IN SCHOOLS

Danielle L. Apugo, Assistant Professor of Urban Education, University of the District of Columbia

Dr. Afiya Mbilishaka, Assistant Professor of Psychology, University of the District of Columbia

African American girls are the highest enrolled racial-gender group in our area (Washington, DC; District of Columbia Public Schools) and yet, little research focuses on the diversity of lived experiences related to the politics of aesthetics, such as hair within the context of schools. Findings from a recent study by Dr. Afiya Mbilishaka and Dr. Danielle Apugo suggest that school environments can be traumatic learning spaces for African American girls and their hair—specifically as it relates to identity development, social development, and well-being. Both researchers will explore the barriers and politics surrounding Black hair within educational institutions, and in closing offer key takeaways and navigational strategies for Black girls, women, and other stakeholders.

[3] LEADING GIRLS TO STEM: THE ROLE OF MENTORS, VOLUNTEERS & TEACHERS

Jennifer Rivers, TechBridge

Role models are the best ambassadors for communicating information about the wide range of careers available and to help girls envision themselves in a STEM career. This TechBridge Girls Role Models Matter™ workshop, developed in partnership with the National Science Foundation, prepares and improves a potential role model's ability to engage youth effectively. This training helps volunteers, both men and women, become more comfortable engaging school-aged youth from diverse cultures with explaining their line of work, developing or guiding STEM activities, and talking about careers in STEM that are relatable to the youth they seek to inspire and educate.



**Do Good. Make Change.
Be a RockStar!
In your community.**

ROCKSTAR!

The Washington Area Women's Foundation RockStar! Fund supports girls and young women in the District of Columbia actively working to make change in their communities and schools.

The RockStar! Fund provides one-time micro grants ranging from \$500-\$1,500 to girls and young women of color, transgender girls, and gender non-conforming youth leaders of color between the ages of 12-24 in the District of Columbia to initiate a community or school project aimed at solving a pressing social issue, travel to a girl-centered conference or event, or to advance policy or legislation at the local level.

YOU'RE A ROCKSTAR! IF:

You have an innovative idea to help solve or bring public awareness to an issue impacting young women and girls in your community;

You have been working on an issue and want to scale up your idea or project for greater impact;

You want to share your innovative idea or project at a girl-centered conference or meeting happening regionally or nationally; or

You want to improve your community or school for the better.

Application will go live on April 2, 2018

The deadline to apply is May 10, 2018 at 4:00 p.m. EST. To download the guidelines and eligibility requirements, visit thewomensfoundation.org

Questions, email programs@wawf.org