

**WITH YOU
IN HER CORNER.**

**girls
inc.**

Inspiring all girls to be
strong, smart, and bold

Girls Inc. Informed and InCharge: Healthy Sexuality Program

Formerly called Will Power/Won't Power

Girls Inc. Informed and InCharge is a program developed for girls in grades 7 & 8 in which girls acquire the knowledge and skills necessary to take charge and to make informed, thoughtful decisions about their sexual health.

Girls learn why and how to postpone sex by recognizing, exploring, and practicing attitudes and skills for dealing with sexuality issues as they enter their most pressure sensitive years.

The interactive sessions centre on values, relationships, the reproductive system, female health and hygiene, separating sexual myths from reality, assertiveness and communication skills, identifying and resisting sexual pressures from media and peers, sexual decision-making and avoiding risky situations, the positive aspects of abstinence, and the power of an affirmative support system.

Girls acquire the knowledge and skills necessary to take charge of and make informed, thoughtful decisions about their sexual health.

Girls learn to identify ways and reasons to avoid early pregnancy.

Girls learn to identify and to prevent sexually transmitted infections, including HIV.

Girls acquire communication skills



Girls learn about age appropriate basic health education

Girls plan for the future

For further information on how to bring Girls Inc. to your school contact:

Tracey McCannell, Director of Programming at
905 428-8111 ext 222

“The school-based course Willpower, Won’t Power was very beneficial, not only for my 13-year-old daughter but also for my relationship with her. From the first day, the information she brought home to me opened a dialogue between us that continues to be frank and honest.”

— Devorah Garland, parent