

menu of services

To encourage the expansion of gender-specific programming in public schools and community-based organizations, we offer the following educational programs and materials:

- ♂ **The Girls & Boys Projects** – Each project consists of a **fifteen to twenty-five week program** designed for public elementary, middle, and high school youth that can be implemented either during the school day or after-school. We also offer GP/BP programs specifically designed for immigrant youth in high schools. The GP/BP conducts this programming directly or trains staff and teachers to conduct the programs themselves.
- ♀ **Train-the-Trainer Programs** – Twice a year, we run training sessions in New York City for individuals and CBOs who want to **learn more about our curricula and how to run gender-specific programs**. Throughout the year, we also travel to schools and CBOs to deliver training sessions and program support.
- ♂ **Curriculum Materials – Teacher Guides and Participant Journals** have been created to accompany both our GP & BP programs at each developmental level. Our Guides & Journals are available for purchase and distribution.
- ♀ **GP/BP Website** – We plan to create a more **interactive website** that will provide those interested in initiating The Girls and/or Boys Project in their schools and communities with on-line tools and support. Stay tuned... www.gp-bp.org

For more information on any of the above, write to Sheila@gp-bp.org or call 212.505.3184

contact

The Girls & Boys Projects

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*The GP/BP are programs of the Institute for Labor & the Community (ILC), a 501(c)3 tax-exempt organization.



The Girls & Boys Projects is dedicated to bringing **gender-based empowerment programs** to young people in public schools and community-based organizations throughout NYC and beyond.

Our programs engage girls & boys – in separate settings – around gender and other social issues through democratic, learner-centered workshops. We seek to create a safe space for young people to:

- **Find their voices;**
- **Build self-awareness;**
- **Strengthen critical thinking and communications skills;**
- **Develop a better understanding of the world around them; and**
- **Become active in their communities.**

THE GIRLS PROJECT

The Girls Project (GP) is an empowerment program for elementary, middle and high school girls. Its purpose is to **build on the strength and confidence that girls already possess**. By exploring topics such as teasing and bullying, media stereotypes, body image, puberty and sexuality, **participants learn how to become confident, informed and strong young women**. For example:

In a **GIRLS & THE MEDIA** workshop, **Ayanna Saulsberry** explores lyrics and messages in music and videos that are sometimes not so girl-friendly. **Girls then create their own lyrics and songs.**

In a workshop on **BODY IMAGE**, facilitator, **Treva Offut of Urban Bushwomen**, introduces girls to African “butt” dances, encouraging them to be **proud of their bodies, whatever shape or size.**



In **OUR CHANGING BODIES** workshops, **Virginia Reath, RPA, MPH**, leads girls in age-appropriate discussions about everything from periods and health to sexuality and relationships. Girls report that these workshops make us **“feel smart about ourselves.”**

Violence, teasing and bullying, gender stereotypes, and body image issues affect boys too!



“I now know that I don’t have to fight to prove myself.”*

“I learned what it means to be a good man.”*



“I’ll remember the Boys Project ‘cause it was fun and cool.”*

* from final survey of boys at PS64/The Earth School

The Boys Project (BP) is an innovative “boys only” program that addresses the needs and interests of elementary, middle, and high school boys. The Boys Project creates a safe space for boys to:

- ♂ **explore their identities** beyond media messages and gender prescriptions;
- ♂ **express themselves** freely and creatively;
- ♂ **solve conflicts** safely and constructively; and
- ♂ **tackle issues** that might not otherwise be discussed – such as sexuality, relationships, health, and puberty.

Through BP workshops that include role plays, games, music, videos, and discussion, boys realize they are not alone in the often difficult process of growing up and becoming **the men they want to be**. Workshops include some of the following:

THE GENDER BOX – Boys examine the limitations of stereotypes, and develop ways to resist them.



WHO’S THE MAN? – Boys explore different male role models – from relatives and community leaders to athletes and musicians.

TEASING & BULLYING – Boys discuss how and when teasing crosses the line, and develop creative tactics to prevent violence.

“We talked and laughed about what girls face out there and what to do about it!”**



“We found the strong and soft sides of ourselves.”**



** from 10-12 year old girls from PS63 and PS19

“Girls need a program especially for them where they can talk, reflect, and learn to advocate for themselves.”

— Elena Feliciano, parent

THE BOYS PROJECT