







Fostering Awareness, Demystifying Fear, and Empowering Girls to be Strong & Confident!

REQUIREMENTS FOR HOSTING A GIRLSTRENGTH PROGRAM, WORKSHOP OR CAMP

Privacy... Because the issue of violence and child abuse is so serious and personal, it is essential that the host organization provide a space that affords privacy to the students participating in the class. We ask that organizations maximize privacy by providing a room with doors that close, and a room that is not a passageway for employees, teachers or parents.

Physical Characteristics... The spaces that we consider to be most versatile are those that are large enough to accommodate 25 students. Large classrooms and auditoriums, as well as small gymnasiums allow students the personal space they need to practice physical skills. Good ventilation or air conditioning and heat as needed are important to the students' comfort in class. This space must be available for all scheduled classes. As loud yelling occurs, a space away from other classrooms is ideal.

Scheduling... The GirlStrength program is usually taught in two 45 minute sessions per week, or one 90 minute session per week. These classes can be scheduled during school hours or after school hours. Camps are generally taught in 3 hour sessions, five days per week. Once an organization has committed to the program times and dates, it is essential that the dates, times and space are always available. We also ask that instructors have access to the space 20-30 minutes prior to the start of each class. This allows them to organize materials and make adjustments to the environment, if needed. We also ask that the organization provide 10-20 minutes at the end of each class to break down and restore the space to its original condition. Please let the GirlStrength Director know ahead of time if this is not possible.

Class Details... The maximum number of students that can participate in the program or camp is 25. The minimum number is 10. We recommend that students be divided by grade or age, but we understand that this is not always possible. GirlStrength classes are designed for girls, 10-17 years of age, but we do make exceptions to meet the individual needs of your organization and community. We consider this class to be extremely important for the personal safety of our girls; therefore, we ask that the school be responsible for ensuring that the classes have maximum attendance at all times.

Policies and Procedures... We ask that the school or organization be responsible for educating parents on GirlStrength policies and procedures, prior to the start of each program or camp. For camps, we ask that parents attend a 5-10 minute orientation to ask questions and go over policies. Schools are required to sign a contract to host a program, as well as send parents or guardians an introductory letter informing them about the program's topics and policies.

Applying for the Program... All program requests are handled by the GirlStrength Director. To request the program submit a <u>GirlStrength Program Request Form</u> to <u>GirlStrength.pb@portlandoregon.gov</u>. GirlStrength classes are generally scheduled six-eight months in advance. For more information, call (503) 823-0239 or email <u>GirlStrength.pb@portlandoregon.gov</u>. Please note that all forms, polices and waivers are located on the GirlStrength website: http://www.portlandoregon.gov/police/GirlStrength. Please visit us on Facebook at https://www.facebook.com/GirlStrength