



Over the course of the school year, your child has the opportunity to be involved in an exciting program called Coaching Girls To Leaders (CGTL). CGTL is a program that helps girls build healthy relationships and prevent violence before it starts. CGTL uses mentors to teach girls about responsibility and respect for others, while building their self-esteem. This program discusses twelve topics such as stewardship, personal responsibility, insulting language, disrespectful behaviors, confidence, safe culture and resilience.

Participation in program discussions includes a pre and post assessment that will be used to measure learning outcomes and program effectiveness. The assessment is completely confidential and will not require or include any identifiable information. In addition, there will be activities or other situations where school or CGTL representatives may take photographs or video recordings of your child's participation for the purposes of public awareness and acknowledgement of their involvement in CGTL. If you do not wish to have your child participate in the CGTL program, please sign below and have your child return this form to me. Participation is voluntary.

On the other side of this form is a CGTL information sheet. I believe CGTL will be a beneficial learning experience for your child. Thank you.

I do not wish to have my child participate in the CGTL program:

Parent Signature_____

Student Name_____

Date_____



Coaching Girls To Leaders

Coaching Girls To Leaders (CGTL) is a violence prevention program designed to teach **girls and young women** about the importance of respect for themselves and others. CGTL is teaching social and emotional intelligence skills through a series of twelve sessions designed to be implemented in 15 minute increments.

Why Coaches and Mentors?

Coaches and mentors play an extremely influential and unique role in the lives of girls and young women. Because of these relationships, coaches and mentors are poised to positively influence how girls and young women think and behave. Mentors and coaches can build lasting, trusting relationships and create safe spaces for girls and young women to take risks and push themselves. They help to provide girls with the skills and knowledge they need to counter stereotypes and obstacles and to achieve their goals.

Why Create Leaders?

By and large, leaders are often popular and influential among their peers. The qualities of a successful leader such as discipline, cooperation, and integrity, are also the building blocks to becoming respectful individuals and role models for others.

Through CGTL, girls and young women will be making a commitment to respect themselves and others. Each day teenagers around the country experience various forms of abuse. In fact, 1 in 3 teenagers report knowing a friend or peer who has been physically hurt by their boyfriend or girlfriend. Girls and young women can all help end this problem by speaking out against violence and standing for respect.

Girls need role models-they need mentors, teachers and coaches to give them guidance that will help them grow into healthy young women.

