

ADMISSION INFORMATION

The **HEALTHY & SAFE CHOICES WORKSHOP** is **FREE** to all girls, ages 10 to 12 years old. Participating Girl Scouts are required to bring a friend who is not a current & active member of Girl Scouts to attend.

Registering for this workshop allows the girls who are not current Girl Scouts to become a Girl Scout for the 2008/2009 school year. This allows them the opportunity to attend other great events of their choice throughout the school year.

All permission slips & registration forms must be turned in to Penny Owens at the Girl Scout Office, Kimberley Boyd at Family Community Resource Center, or Christina Heffren at YWCA **by 4:30pm Monday, October 6, 2008**. Seating is limited.

The workshop includes a healthy breakfast & lunch. If your child has special needs please feel free to send their breakfast & lunch with them.

District 87 & Unit 5 are not in session the day of the workshop.

VOLUNTEER OPPORTUNITIES

Senior & Ambassador Girl Scouts looking for volunteer opportunities and/or service projects are welcome to volunteer at the workshop. Assistance will include setting up, registration and clean up.

*If you would like to volunteer please contact:
Kimberley Boyd
(309) 821-1616 or kboyd@thefcrc.org*



**509 W. Washington St.
Bloomington, IL 61701**

**Phone: (309) 821-1616
Fax: (309) 821-1717
www.thefcrc.org**

**Contact: Kimberley Boyd
Email: kboyd@thefcrc.org**



**McLEAN COUNTY
SHERIFF'S OFFICE**

Healthy & Safe Choices Workshop

A free workshop for girls ages 10-12 years old

Monday, October 13, 2008

8:00 a.m. to 5:00 p.m.



SPONSORED BY

Family Community Resource Center

The Girl Scouts of Central Illinois

YWCA Stepping Stones Sexual Assault Program

Eastland Chiropractic & Wellness Center

McLean County Sheriff's Office

**UNIT 5 & DISTRICT 87 ARE NOT IN SESSION
THE DAY OF THE WORKSHOP**

PURPOSE OF THE WORKSHOP

To provide girls, ages 10 to 12 years old, with an opportunity to learn how to make healthy and safe choices. To work together and obtain the *Our Rights, Our Responsibilities* patch.

WORKSHOP HIGHLIGHTS

Baby Awareness – a look at babies affected by fetal alcohol and shaken baby syndrome.

Stop the Violence – an overview of what violence is, reasons why people may fight and reasons why people should not fight.

DARE Program – information on how to resist peer pressure and live productive, drug and violence-free lives.

Why Weight? – lunch & a presentation on healthy food choices & healthy weight.

Sexual Harassment - an understanding of what sexual harassment is, behaviors it includes and how flirting can turn into hurting.

Prevention & Protection – an overview of basic human rights.

Media Madness – a look at violence in the media.



OUR RIGHTS, OUR RESPONSIBILITIES

Participation in the *Healthy & Safe Choices Workshop* provides the girls with the opportunity to earn the *Our Rights, Our Responsibilities* patch. The activities to earn the patch will provide them with information and education, with the intention of supporting them in making healthy & safe choices. The activities will also encourage them to become responsible for their rights, the rights of others, and encourage them to become active and effective citizens in their community.

The activities during the workshop will focus on: the right to work together, the right to live in peace, the right to be happy, the right to learn, the right to be themselves, and the right to be heard.

PRESENTERS

Penny Owens

*Adult Development Coordinator
Girls Scouts of Central Illinois*

Kimberley Boyd

*Domestic Violence Coordinator
Family Community Resource Center*

Christina Heffren

*Prevention Educator
YWCA Stepping Stones Sexual Assault Program*

Sara Bay

*DARE Officer
McLean County Sheriff's Office*

Allison Wolak

D.C. Eastland Chiropractic & Wellness Center

REGISTRATION FORM

Child's
Name: _____

Parent's
Names: _____

Address: _____

Telephone: _____

Emergency
Contact: _____

Troop # (if applies): _____

School: _____

Grade: _____

Allergies / Health
Conditions: _____

PARENT PERMISSION SLIP

I give _____
permission to participate in the *Healthy & Safe Choices Workshop*. I understand that the workshop consists of education and information related to healthy & safe choices. I understand that she will participate in activities & discussions related to domestic violence, sexual harassment, bullying, illegal drugs & babies with fetal alcohol & shaken baby syndrome.

Parent/Guardian Signature

Date