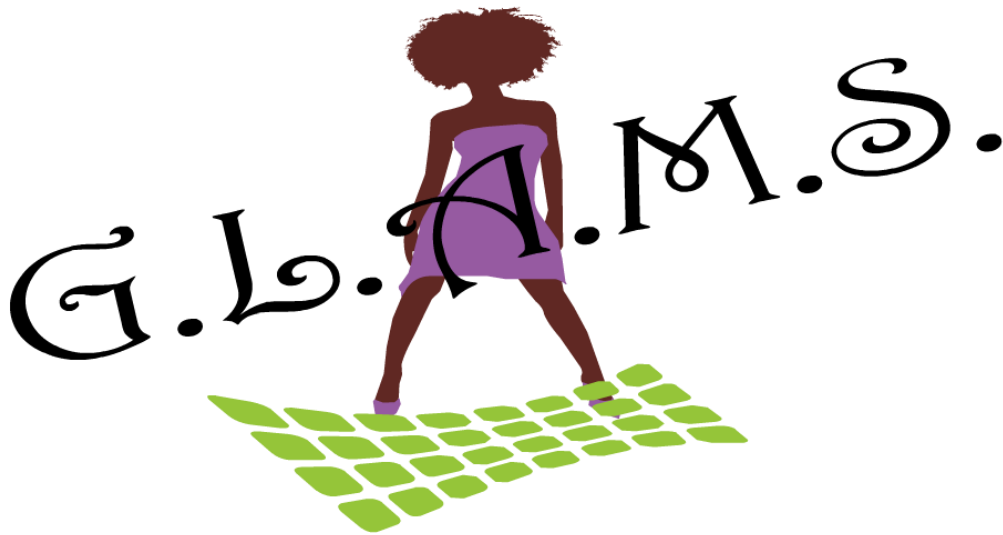


G.L.A.M.S. Leadership Program

Guide



*Girls Learning
to Achieve
Multitudes of
Success*

Mission Statement:

G.L.A.M.S. is dedicated to helping girls develop a deeper understanding of who they are while building strong, positive relationships. Using a character-based framework to look critically at topics, such as media messages, cliques, bullying, peer pressure and healthy lifestyle, G.L.A.M.S. empowers girls to love themselves for who they are.

Philosophy:

By providing youth with consistent, caring leadership, they will learn life skills and develop core values through exposure to small group counseling and community excursions. Leaders will utilize teachable moments to illustrate these values.

What is G.L.A.M.S.

G.L.A.M.S. is a leadership program in which participants learn life lessons through group discussion. The activities and group work are led by school counselors and volunteers. The program uses carefully selected activities and engaging group discussions. The group leaders have a positive influence on the members and meet for approximately 30 minutes per session bimonthly.

This program has many goals. It focuses on fostering inclusion, and building a sense of belonging with each individual member. During the delivery of the program, not only is there a sense of inclusion, but often the group becomes a “tight-knit” group able to find security and comfort in each other, thus increasing the self-confidence of everyone. The group leaders will teach the members how to resist negative peer pressure, help them to think critically with regards to negative media messages and address personal health issues such as saying no tobacco and other drugs, as well avoiding teen pregnancy.

Goals of the G.L.A.M.S. Leadership Program

- Build a sense of belonging
- Build self confidence
- Develop critical thinking skills
- Leadership
- Develop career awareness
- Awards and recognition
- Relate school to life experiences
- Group activities
- Trading and development

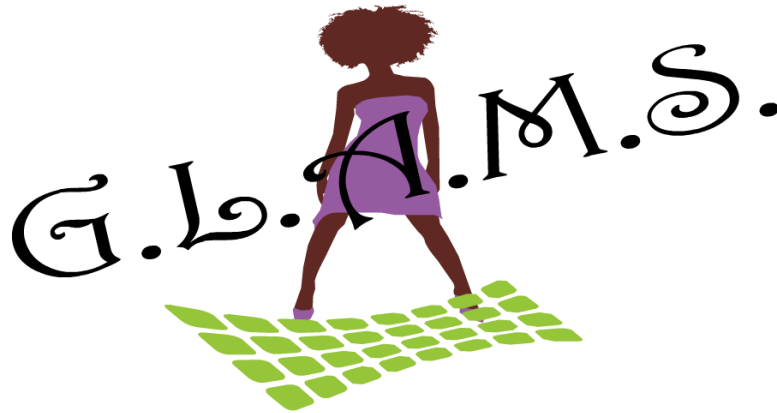
Who should get involved?

This school counselor directed program is suited for females who want to make a difference in their community and commit themselves to making positive choices, and are tenth through twelfth graders. The group leaders need to be committed to listening, supporting and caring for each member involved in the program. The leaders in this program will find a deeper sense of who they are, and see firsthand the positive impact that their time and support have on the members. Also, the lesson plans teach positive messages to all participants and keep the members keen on being the best they can be.

10 Lessons from GREATNESS.. (Adopted from Tony Gaskins)

1. Use your natural gifts
2. Be relentless in your pursuit
3. Failure is a part of success
4. Money comes and goes
5. Not everybody will make it with you
6. Appreciate the climb
7. Even successful people fail
8. Master Your Craft
9. Ignore the critics
10. You must grow

PROGRAM OUTLINE
Central High School G.L.A.M.S. Leadership Program



Mission:

G.L.A.M.S. is dedicated to helping girls develop a deeper understanding of who they are while building strong, positive relationships. Using a character-based framework to look critically at topics, such as media messages, cliques, bullying, peer pressure and healthy lifestyles, G.L.A.M.S. empowers girls to love themselves for who they are.

Purpose:

To help young people build character and life skills through exposure to small group counseling and community excursions.

Program Guidelines:

Member will attend group meetings twice monthly focusing on various leadership and character building skills and activities.

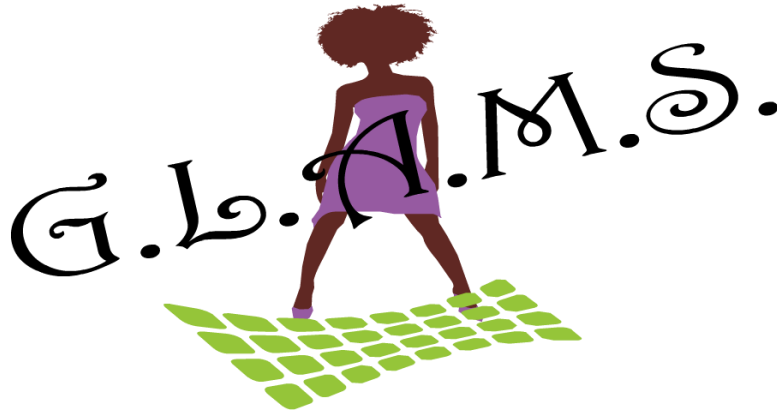
Benefits:

In addition to learning about post-secondary options, participants will also benefit from the following:

- Members: The program will help young people to develop important life skills, learn about the world of work, plan for the future, improve school attitudes and performance and build self-confidence.

Contact Information:

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G.L.A.M.S. Contract

Becoming a member of this group means that you accept the responsibility of becoming a student leader on campus. That means that you are willing to exhibit characteristics and qualities of a leader. You will be an advocate for change on Central High School's campus by promoting positivity and avoiding conflict.

As a member of G.L.A.M.S. you agree to these few stipulations:

- Attend all meetings unless absence is approved by group
- Avoid disciplinary actions that result in out of school suspension
- Receive at least a "C" average per semester
- Maintain adequate attendance in school
- Participate in all group sessions
- Behave appropriately while at school
- Maintain confidentiality of things discussed during group sessions

I, _____, am willing to become a student leader on campus and will abide by the stipulations listed above. I understand that if I do not abide by these stipulations that I can be dismissed from the group.