

The Police Athletic League

Presents

Positive Images

(For girls and about girls)

Mission Statement:

To promote greater awareness and self-confidence in today's competitive world, by sharpening personal skills that put a girl in control of their personal and social situation.

Purpose:

The **POSITIVE IMAGES** workshops are designed to educate girls ages 11 to 17, about their confidence, self-esteem, and skills needed to achieve success on a personal and career level. The **POSITIVE IMAGES** workshops will promote awareness of growth and development issues and assist the girls in developing healthful attitudes that will help them cope with the changes that occur during puberty.

Objectives:

At the end of these workshops participants will:

- Learn how to honor and care for their bodies
- Learn and Practice dining Etiquette skills
- Be able to evaluate a healthy relationship vs. a unhealthy relationship
- Understand the effects of early motherhood
- Know what HIV/AIDS does to their life
- Identify pressures and alternatives to early sexual behavior
- Establish resume and job hunting skills
- Sharpen personal skills to put you in control of any social situation.
- Effectively challenge and promote positivism in the girls lives

Beginning Date: Monday, September 14th through November 29th

Workshop Meetings: Once a week (M-TH)

Time: The workshops will be held from 5-7 or 6-8

Target Group: Girls ages 11 to 17

Program Coordinator:

Tamarah K. Pinckney
Education Coordinator
215-291-9000 ext. 103
tpinckney@phillypal.com

JUST THE FACTS

What will we be doing in the workshops?

Participants in **Positive Images** are middle and high school girls' ages 11 through 17 years old that meet together once a week. **The POSITIVE IMAGES** workshops involve girls with diverse learning styles, strengths and backgrounds.

The goal of the **Positive Images** workshops is to provide a safe place for the girls to discuss their concerns and goals, and to work with each other and an adult mentor on problem solving. In order to help the girls navigate friendships during adolescence, they need to be encouraged to talk.

The girls will be constantly interacting with each other, writing their thoughts, reflecting on their lives and discussing their futures. Always taking it to another level.

The Curriculum

The curriculum for the Positive Images program is composed of several workbooks contained in the "In My House" series. This curriculum was designed to give young people information, confidence and the skills necessary to make positive changes and choices in their life. The young ladies are required to work on several pages in the workbook for at least an hour during each session. Instructors are challenged to incorporate the issues discussed within the workbooks with other scheduled activities and discussions.

What should she bring?

She should bring herself and an (OPEN MIND)

Is there a dress code?

The environment of our workshops is very casual. The girls should be properly dressed. Jeans are permitted.

Financial Commitment

Everything for the participants is **FREE**

Do I have to participate in all workshops?

Yes, all participants are required to attend all sessions.

What are the reasons for Journals?

On our computer, in our notebooks we all use writing as another form of communication. We use it to record what is happening, to understand what is happening and to ultimately change. Studies have shown that journalizing is writing your ideas and solutions. Journalizing is a remarkable device for easing worry, for identifying hopes and fears, and for allowing your creative self to expand.

Requirements of the each POSITIVE IMAGES GIRL.

To be on time for each session
No chewing gum or candy allowed
To participate in each session
No interruption
To respect all guest and visitors
To be prepared for class
Each student must display control, respect and dignity

PERMISSION SLIPS must be returned with a parent's signature for every trip and/or sensitive topic.

Course Organization

Program Coordinator's responsibilities:

1. Instructing/supervising sessions
2. Keeping Attendance
3. Overseeing all organizational aspects of the program
4. Keeping lines of communication open and professional

Centers with Positive Images:

23rd PAL

1845 N. 23rd St
Philadelphia, PA 19121
Officer Tyrone Crawley

Cozen PAL

732 N. 17th St.
Philadelphia, PA 19130
Officer Washington/Officer Jennings

Gibbons PAL

6901 Rising Sun Ave.
Philadelphia, PA 19111
Officer D'Aulerio

Haddington PAL

5501 Market St.
Philadelphia, PA 19139
Officer Johnson

Logan PAL

1100 W. Rockland St.
Philadelphia, PA 19141
Officer Wells

Mill Creek PAL

617 N. 43rd St.
Philadelphia, PA 19104
Officer James

Nicetown PAL

1907 W. Tioga Street
Philadelphia, PA 19140
Officer Marcus

North Penn PAL

2423 N. 27th St.
Philadelphia, PA 19132
Officer Savage

Police Memorial PAL

4253 Frankford Ave.
Philadelphia, PA 19124
Officer Rice/Officer Brennan

Wynnefield PAL

2251 N. 54th St.
Philadelphia, PA 19131
Officer Ashton

Rivera PAL

3201 N. 5th St.
Philadelphia, PA 19140
Officer Rivera

Rizzo PAL

2524 E. Clearfield St.
Philadelphia, PA 19134
Officer Rehr

St. Benedict PAL

6300 Garnet St.
Philadelphia, PA 19126
Officer Jones

Southwest PAL

5900 Elmwood Ave.
Philadelphia, PA 19143
Officer Gibbons

West Oak Lane

7105 Limekiln Pike
Philadelphia, PA 19138
Officer Lindsey

Wissinoming PAL

4419 Comly St.
Philadelphia, PA 19135
Officer O'Hanlon

Tucker PAL

4614 Woodland Ave
Philadelphia, PA 19143
Officer Park-DeVaughn