

Girl Formation

“The problem isn’t one particular doll, or song or hypersexualized young heiress. The problem is that girls today are swimming in a veritable sea of toxic messages about what it means to be female.”

— APA Task Force on Sexualization Chairwoman Eileen Zurbriggen

Media Images and the Sexualization of Girls

The American Psychological Association formed a task force to look at how media images and products sexualize and objectify girls. This “Task Force on the Sexualization of Girls” released their findings in February 2007. The task force looked at every form of media: television, movies, the Internet, magazines, advertising and sports media. What the APA found is that girls are saturated with media images and products that reinforce a very narrow standard of physical beauty; that equate physical beauty with sexiness; that treat girls as sexual objects; and that tell girls the way to get power is through sexual prowess. This sexual exploitation of girls can harm their cognitive, emotional and physical health.

The APA findings highlight a number of studies that found self-objectification can take away from one’s attention, and lead to impaired performance on mental activities, like math computation and logical reasoning. In other words, girls can lose focus on the task at hand as they become occupied thinking about how their bodies compare with the sexualized cultural ideal.

There are many ways the sexual exploitation of girls negatively impacts their emotional well being. The APA findings highlighted a number of studies that link sexualization with girls’ top three most common mental health problems: eating disorders, low self-esteem and depression. The “thin ideal” coupled with the sexualized image make many girls feel this ideal unattainable.

Since healthy sexual well-being is a crucial part of girls’ development, these sexualized images often have negative consequences for girls. Self objectification has been linked with diminished sexual health among adolescent girls measured by decreased condom use and diminished sexual assertiveness.

These sexualized images have infiltrated the lives of girls. As APA Task Force Chairwoman Eileen Zurbriggen said, “The problem isn’t one particular doll, or song or hypersexualized young heiress. The problem is that girls today are swimming in a veritable sea of toxic messages about what it means to be female. Girls are internalizing the media messages, and this is eroding their sense of value. Current media doesn’t allow for conversation among girls about how to expand the perception of beauty, and how to restrict girls’ dependence on being hot and sexy to feel valuable. Girls deserve to grow up and develop healthy self images that are not dependent on physical beauty and sexual submission.

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Trends in Sexual Activity

The Healthy Maine 2010 adolescent health goal is to reduce the percentage of high school students reporting that they have had sexual intercourse to forty percent. Based on a survey assessing Maine youth risk behavior, as of 2005, 45% of high school students and 16% of middle school students (grades 7-12), reported being sexually active. According to Maine’s current trends, the act of sexual intercourse is decreasing among our youth. In response to this trend, other positive behavior patterns and healthy interventions have been increasingly developed among teenagers.

The data collected in this survey, demonstrating youth risk behavior, was collected by random public middle (grades 7-12) and high school students, statewide. This data measures the prevalence of specific health-related behaviors that directly affect the health of young people. The survey assesses behavior trends from 1995-2005. The information for this article was primarily obtained from the data collected on trends in female youth behavior, HIV risk behaviors, and sexual activity.

continued on page three

Terms To Know

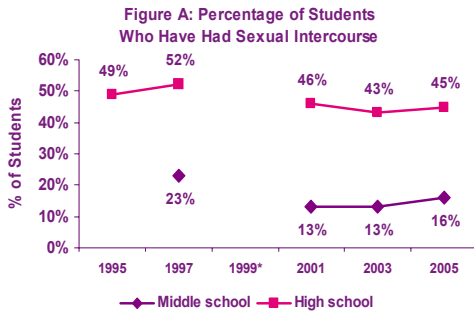
SEXUALIZATION: occurs when a girl’s value comes only from her sexual appeal or behavior, to the exclusion of other characteristics; when a girl is held to a narrow standard of beauty; when a girl is taught to equate physical beauty to sexiness; and when sexuality is inappropriately imposed on a girl

OBJECTIFIED: when a girl is valued as an object for someone’s sexual use

Source: Monitor on Psychology, April 2007, Volume 38 No.4, p.51

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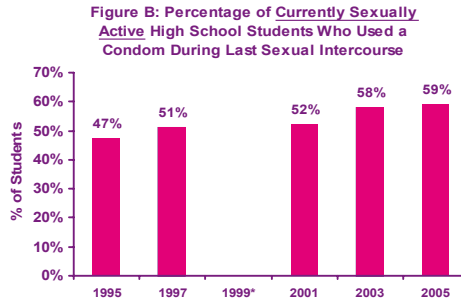
Reviewing previous data, demonstrates that there has been a statistically significant decreasing trend over the past decade in middle and high school students who have had sexual intercourse. There was a decline among high school students, from 49% in 1995, to 45% in 2005. A decline from 23% in 1995, to 16% in 2005 was observed among middle school students. This data shows that Maine is becoming closer to the 2010 Adolescent Health Goal.



* There are no results because the data set in 1999 was not representative of the entire state.

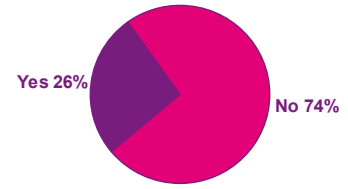
Many other positive behaviors have become part of this healthy trend. There has been a significant increase in the use of condoms among survey participants who had sex within the last three months. The incidence was 47% in 1995 and has increased to 59% in 2005. Approximately 91% of high school students and 72.8% of middle school students report having received HIV infection education in school. Also, there is an increasing trend towards

abstinence among teens in Maine. The survey shows that even though both males and females report talking to their parents about sex in the last six months, females are much more likely to do so, 64% of females, as compared to 47% of males. Surveys reported same sex contact in 6% of female youth and 4% of male youth.



Although the following are not necessarily sexual behaviors, the results raise issues of violence, which greatly undermines young people's ability to protect their sexual health. Eleven percent of high school females reported having been physically forced to have sexual intercourse against their will, almost twice what their male counterparts report, six percent. Of the student participants who reported having sex within the last three months, 26% drank alcohol or used drugs before the last time they had sex. The later specifically demonstrates how negatively alcohol and drugs can impact adolescent sexual health.

Figure A: Percentage of Currently Sexually Active High School Students Who Drank Alcohol or Used Drugs Before Last Sexual Intercourse



In conclusion, this ten year study demonstrates that Maine is moving closer toward a healthier trend for all our teenagers sexual health. Fewer adolescents are having sexual intercourse and of those who are, they are using protection more frequently and communicating more with their parents. Although, we still could improve on the percentages of young women who are at risk for or have experienced sexual assault. This can be aided through community education and outreach programs. Overall, the state of Maine has been successful at decreasing youth risk behavior trends and increasing more healthy patterns of behavior and communication.



Source: Health Risk Behaviors among Maine Youth

Results of the 2005 Youth Risk Behavior Survey

Grades 7 – 12

Prepared for the Maine Department of Education

by: Pan Atlantic Consultants, Portland, Maine

Pregnancy Rates in Maine

As of November 10, 2005, the latest available statistics on pregnancy rates: Maine Teen Pregnancy Rates 1997-2002 Maine Resident Data

Age Group	1997	1998	1999	2000	2001	2002*
10-14	0.6	0.4	0.6	.4	.2	.4
15-19	24.4	26.4	22.2	21.2	19.8	20.1
18-19	73.4	75.7	75.4	74.5	71.7	56.0
15-19	43.7	46.1	42.9	41.8	39.8	

NOTES:

Pregnancies include reported live births, fetal births, and included abortions. Rates per 1000 age specific female population. Rates are based upon calendar year.

* Source of Data: Maine CDC, Division of Community Health, Teen and Young Adult Health Program.

Maine teen pregnancy rates continue to decline! An assessment by the Children's Health Status released on February 24, 2004 says teen pregnancy and substance abuse by youths in Maine are on the decline. The 2004 Kids Count Data Book reports a 45% decline in the rate of teen pregnancies since 1990, along with decreases in other sexual risk behavior and substance abuse among Maine youths.

Bibliography: www.womenshealthweekly.com March 18, 2004.

Get Active! Three ways to get involved with APA recommendations right now!

1 ATTEND COMMUNITY FORUMS ON MEDIA LITERACY!

After recently attending a seminar on media literacy by Colby Professor Lyn Mikel Brown, I've been using a renewed critical eye when watching the messages transmitted through the many forms of media, i.e. television, music, internet and movies. The Children's Museum in Portland sponsored an evening with Professor Brown, also the author of Packaging Girlhood. I listened to the many connections she pointed out between the media images and products marketed to girls and the narrowly defined standard of physical beauty as a means to gain power that girls are living every day. It was a wonderful opportunity for community members to come together, and learn more about a topic affecting girls in their lives. It is wonderful to see a community forum aimed at educating people about how media images support an unrealistic image for today's girls, and how this affects girls self esteem and self worth.

2 EXAMINE YOUR SCHOOL'S SEX ED PROGRAM

One of the recommendations of the APA Task Force recommendations was that citizens should actively review their school's current sexual education program. Many schools don't have a current program being implemented, and some programs are sorely in need of updating.

It may feel uncomfortable to discuss sexuality with kids, but it is important. Students need to talk about when sex is a healthy part of an intimate relationship. What does a healthy relationship look like? They should talk about how physical attractiveness is measured in our society, and how the pressure girls feel to be "sexy" ties in with cultural pressure. Sex education programs should involve discussion around media images, peer pressure and cultural influences, and how this can affect their sexual decisions.

3 BOYCOTT SEXUALIZED PRODUCTS/SUPPORT POSITIVE MEDIA MESSAGES

The organization Dads and Daughters successfully boycotted, and ended production of Pussycat Bratz dolls. The group objected to the sexually charged doll that was being marketed for young girls. To learn more about the organization, Dads and Daughters, please visit their website: www.dadsanddaughters.org/.

The magazine, New Moon, is "The Magazine for Girls and Their Dreams". It has girl editors and girl contributors from all over the world ranging in age from 8-14. The magazine "celebrates girls, explores the passage from girl to woman, and builds healthy resistance to gender inequities." If you would like to sign a girl up to receive New Moon, please visit their website at www.newmoon.org.

What message is your daughter receiving from these dolls?



The dolls pictured are all currently being marketed to girls ages 5 and up. Look at the dolls' hair, skin color, face, body type and clothing. What cultural ideals of beauty are represented in these dolls. It's not that these dolls should be boycotted, but what kind of conversation (teachable moment) can you have with the girl in your life to broaden the definition of beauty.



GIRLS: WE WANT TO HEAR FROM YOU!

- What do you value about yourself?
- Who are your role models?
- Do you have a self portrait (sketch or painting) that you'd like to share with us?

Please go to our website, and click on "Girl Submissions". We'd love to hear from you on any (or all) of the above questions. With your submission, please tell us your first name, your hometown and your age.

GIRLS, PARENTS AND EDUCATORS: WE WANT TO HEAR FROM YOU!

- Have you recently seen an ad, music video, magazine or internet website that showed a positive image/ message about girls or a negative image/message about girls? Please send us a picture of the image as well as a brief write up of what discussion you had with your friends/family/ students surrounding the image.
- Read the book Packaging Girlhood by Sharon Lamb and Lyn Mikel Brown, and send in your editorial about the book.

Get Involved!

I know parents who spend hundreds of hours researching the safest car seat, the best stroller, and the right books for the right age; to say nothing of trying to find a reasonable day care and later public school. If they would take even a fraction of that time to learn what they need to know to raise sexually healthy children, the impact over time would be tremendous.

Cory Silverberg

Write to your Legislator!

In Maine, the legal age of consent is 14! This means it is legal for two teenagers 14 and older to have consensual sex (as long as there isn't an age difference of more than 5 years between the two). Please write to your local legislators, and ask them to enter legislation to raise the age of consent. At fourteen, children aren't allowed to legally work, drive or stop going to school, but they can have sex and make babies? Most states have moved the age of consent to 16, and it seems time that Maine do the same. Please visit www.maine.gov/legis/senate/senators/email/mailst.htm

This will take you to the Maine Senate list of email addresses. This page also has a link to take you to the email directory of the Maine House of Representatives. Let's work to change the unacceptable age of consent of 14.

MAINE CRIME TRENDS, 2005

Source: urc (uniform crime report)

Maine counties	# of reported rape cases
Androscoggin	30
Aroostook	7
Cumberland	65
Franklin	16
Hancock	3
Kennebec	37
Knox	14
Lincoln	6
Oxford	17
Penobscot	13
Piscataquis	2
Sagadahoc	3
Somerset	22
Waldo	4
Washington	5
York	78



THANKS TO POLICE CHIEF PATRICIA ARNAUDIN OF OGUNQUIT!

Chief Arnaudin generously took time out of her busy schedule to talk with us about Maine's laws regarding sexual assault. Upon reviewing the Maine statute on gross sexual assault, I can say it is very complex with lots of different categorizations. Instead of summarizing all of the categories of sexual assault, I am going to follow the advice of Chief Arnaudin, and ask readers if you know someone who has been sexually assaulted please contact your local police department. Again, thanks to Chief Arnaudin!

Dora the Explorer?



Has Dora been altered to meet cultural ideals of physical attractiveness?

Originally, Dora the Explorer is a young girl who utilizes her map and backpack to go on adventures. The follow up Dora the Princess has long hair and a vacant stare, and she comes with a brush and barrettes for the owners to brush and play with her hair.



Artwork created by Maine girls



Sabrina



Kristen



Christine



Shannon



Melissa



Erica



Erica



Morgan

Ask Kat: a place to get answers to your questions!



Submit confidential questions to GirlFormation and Kat will get you accurate and helpful answers and information!

Now available online at GirlFormation.com!

victims knowledge. The three most commonly used substances associated with drug-facilitated sexual assault are GHB (gamma hydroxybutyric acid), Rohypnol (flunitrazepam), Ketamine (ketamine hydrochloride), and also alcohol consumption has been associated with violent sex crimes. These drugs can effect you quickly and have multiple side effects, impacting individuals differently. The length of time that the effects last varies, depending upon how much of the drug is taken and if it is mixed with other substances, like alcohol.

How can you protect yourself:

- Don't accept drinks from other people.
- Open containers yourself.
- Keep your drink with you at **All Times!**
- Don't share drinks.
- Don't drink from punch bowls, or large, common, shared containers.
- Don't drink anything that tastes or smells strange.
- Have a non-drinking friend with you to make sure nothing happens.

If you think you have been drugged and raped:

- Go to a police station and/or hospital immediately.
- Do not urinate, douche, bathe/shower, or change your clothes before getting help.
- Get a urine test as soon as possible, these drugs can be detected in the urine for anywhere from 12-72 hours after the assault.
- Call a crisis center or hotline to talk to a counselor. A national hotline is the **National Sexual Assault Hotline at 1-800-656-HOPE.**

For more information go to:
The National Women's Health
Information Center 1-800-994-9662.

Ask Kat, I found some weird looking bumps on my vagina and when I went to the doctor, she said I had been exposed to the HPV virus (human papilloma virus), she also said I needed to have a PAP smear, to make sure that I wasn't exposed to any other sexually transmitted diseases. I was confused because my boyfriend said that he had HPV, but I thought that was the virus that caused cervical cancer, at least that's what the commercials say. I feel so confused, I didn't know that HPV can causes genital warts too, is this normal?

— Confused about Cancer

Dear confused about cancer: Genital warts are caused by the Human Papilloma Virus (HPV), similar to the type that causes common skin warts. There are hundreds of types of HPV, some types causing genital warts and some types causing lesions on the cervix, which can cause cervical cancer. HPV is spread during intercourse with an infected partner and symptoms can appear anywhere from three weeks to eight months after the exposure. HPV infections have become one of the most common STD infections in the United States today, specifically among college aged people. The best method of prevention is to always use a condom, especially if you know he/she is infected! Having regular PAP smears is also an important method of prevention, since the cervical lesions can only be detected this way. Also, there is now a vaccine (Gardasil), that was discussed in the last issue, which, when given before exposure, can help prevent development of the virus upon exposure.

Bibliography: [The New Our Bodies Ourselves](#). 1992. New York: Touchstone, (p. 323).

United States Department of Health and Human Services, the Office of Women's Health, www.womenshealth.gov.

Submit Ask Kat questions via www.girlformation.com

Kathleen Hastings is an RN and certified massage therapist who works at Penobscot Bay Medical Center. She lives in Hope with her husband, two children, dog and cat.

Ask Kat, I am just graduating from high school this summer, but I have some older girlfriends in college, and they have been telling me some scary stories about girls' drinks getting laced with drugs that make them pass out and not remember what happened the next morning. Many of these girls found out later that they had been raped but can't remember anything. Is this really true and what do I need to know before I go to college in the fall?

— Scared Sober

Dear Scared Sober:

The scenario your friends are describing is real and has a name, it's called date rape, or drug-facilitated sexual assault and unfortunately, it has become more and more common among college populations, spring-breakers and even local house parties. Date rape is a form of sexual assault and is against the law, sometimes there are drugs that can assist in this sexual assault. Sexual assault is any form of sexual activity that the person doesn't agree to, it can include inappropriate touching, kissing, vaginal penetration, rape and attempted rape. Date rape drugs cause the victim to be physically helpless, unable to refuse sex and can't remember what happened. These drugs are colorless, odorless and have no taste. They are easily added to flavored drinks without the

Yoga Adventure Camp for York County Girls!

July 16th-20th, 9AM-12:30 PM

Childlight Yoga has partnered with Dover Yoga Studio to offer this five day yoga camp. Girls ages 8-11 can attend this camp that offers craft projects, photo journals, yoga poses, relaxation techniques and other planned activities. The Yoga Camp costs \$220. Please visit www.childlightyoga.com for more information.

Looking for Mid-Coast Area Girls!



Summer Opportunity: Body Image Camp

The Body Image camp will be running on Saturday August 4th and Sunday August 5th from 10 AM-3 PM in Rockland, Maine. Each day the group of 6-10 girls, ranging in age from 11-15, will meet with the facilitator, social worker Christina Francis, LCSW and co-facilitators, Kathleen Hastings, RN and Carrie Charpentier, certified elementary teacher, to discuss themes pertaining to positive and negative images that society and culture have created in respect to women's bodies.

The Body Image Camp is free to participants and there are a limited number of available spaces filled on a first come, first serve basis. Both days a catered lunch will be available to participants. After attending both seminar days, participants will receive a \$100 gift card to Target and families will receive a \$50 gas card to reimburse travel expenses. If you would like to participate in The Body Image Camp please visit us at our website: www.girlformation.com.

Adventure Camp for Girls

For girls ages 10-14 • August 20-24

Tuition: \$525

Download registration form: www.chewonki.org

Young women will have the chance to discover their capacities for courage, compassion, insight, and perseverance without dealing with external pressures of power, body image, or societal roles. Girls and their female leaders will live at shoreside campsites, sleeping in four-person tents on wooden platforms and cooking over an open fire. Each day campers will be involved in a morning and afternoon activity, with plenty of additional time for games, swimming, and relaxing. Chewonki's most popular activities include an indoor ropes course (the Barn Climb), sea kayaking, canoeing, map and compass, a beach trip to Reid State Park, visiting the Chewonki farm, and a live-animal presentation. Each camper will share in the responsibilities of gathering and splitting wood, cooking and cleaning up, and setting up and taking down tents. Although most of our activities and meals will take place outdoors, we have a cozy indoor space in case of inclement weather.

This is one of four all-girls programs being offered by Camp Chewonki this summer, all programs strive to enable young girls and women to find their voice and rely on their unique strengths through reflection and action. For more information contact Genell Vashro or Ginny Freeman at (207) 882-7323, or go to www.chewonki.org.

North Woods Adventure Camp

Come join us for a five-day trip to Chewonki's Big Eddy Campground and explore the woods around Baxter State Park in northern Maine. We will set up camp along the shores of the West Branch of the Penobscot River in the shadow of Mt. Katahdin and throughout the week visit Chesuncook Lake, the Gorge, the Boom House logging museum and Blueberry ledges in Baxter State Park.

Tuition: \$525

Girls' Health Conference

Saturday, November 17, 2007

8:45 AM - 3:15 PM

Village by the Sea Conference Center, Wells ME

Girlformation is hosting a Girls' Health Conference appropriate for girls ages 9-12. Doctors and other health professionals will be speaking on health issues that girls face today in the areas of puberty, dermatology, nutrition, exercise and mental health. A brief question and answer session will follow each speaker. Girls are asked to attend the conference with a female in their lives, such as mother, aunt, grandmother.

Pre-registration is encouraged, and you can now register by visiting our website, www.girlformation.com. First forty participants will be entered in a raffle to win prize (raffle done on day of event).

Arts and Theater

The Lincoln Street Center for the Performing Arts. Located in Rockland, offers programs for all ages, pre-school, elementary, middle and highschool. They have many summer programs and camps in dance, art, drama and music, including classes for girls. For more information go to www.lincolnstreetcenter.org.

The Maine Youth Summer Theater Institute, located at the University of Maine, Machias, is offering an exciting 15 day program in the dramatic and performing arts, to creative young people, ages 12-19. For more information contact the Office of Special Programs, (207) 255-1289, or go to www.Nadia@Maine.edu.

Summer Dance Camp, "a five day exploration into the world of dance, located at the Lincoln street center, in Rockland. Offers four levels of dance camps from ages 3-13. For more information contact the instructor, Emily Jenks, at (207) 763-4221, or (207) 542-3556, or go to www.rballet.org.

Summer Camps & Expeditions

Maine rowing camp at Colby College

For girls, ages 13-18, July 08-12, 2007. For more information call the Department of Athletics at Colby College at (207) 872-3769, or go to www.athletics@colby.edu.

Wavus Camp for Girls

Camp Wavus for girls is a residential and wilderness program for girls ages 8-16. Camp Wavus offers a safe, adventurous environment, where campers have an opportunity to explore and develop their potential in a supportive and non-competitive way. Camp Wavus is located on Damariscotta Lake. For more information call Camp Wavus at (207) 563-5172, or go to www.wavus.org.

Summer Programs Activities

Swan's gymnastics summer programs for girls, at the Thompson Community Center in Union.

- Marine Science in Kittery for children ages 12-18. For more information go to www.acadiainstitute.com.
- Hurricane Island Outward Bound School in Rockland, for ages 14 and up. For more information on summer programs go to www.hurricaneisland.org or www.hurricaneisland.com.
- Coastal Marine Ecology at the University of New England in Biddeford, for high school juniors and seniors. For more information go to www.une.edu/oce.com.
- Ocean Memories in South Berwick (sails out of New Hampshire), for kids ages 9-15. For more information go to www.oceanmemories.com.

- Summer Sea Sessions at the Maine Maritime Academy in Castine, for high school students with an interest in marine science as a career. For more information go to www.mainemaritime.edu.com.

- Boating on the Coast of Maine at the Maine Maritime Academy in Castine, for high school students with an interest in nautical activity. For more information go to www.mainemaritime.edu.com.

Swan's Gymnastics, "Where every child can be a star", Thompson Community Center, Union. Offers three different movement education and gymnastics skill building classes and summer camp programs to children ages 3-12. For more information contact the instructor, Vikki Swan, at (207) 273-2231.

University of Maine Summer Camps: Girls' Sports Camps

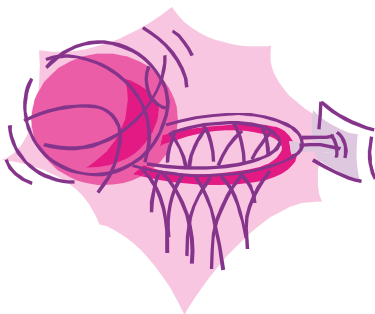
If you are interested in any of the camps below, visit www.cstv.com/printable/schools/main/camps/?frame=bottom to access online information, including registration forms.

Basketball

- June 22-24 High School Elite Camp
- June 24-27 Commuter/Overnight Camp
- July 16-19 Day Camp, ages 7-13
- August 5-8 Commuter/Overnight Camp, Grades 9-12
- August 10-12 Team Camp

Field Hockey

- July 15-19 Commuter/Overnight Camp
- July 16-19 Day Camp, Grades 3-12
- August 5-9 Commuter/Overnight Camp, Grades 6-12



Ice Hockey

- July 8-12 Commuter/Overnight Camp, Girls age 8-entering 12th grade
- August 5-9 Commuter/Overnight Camp, Girls age 8-entering 12th grade

Soccer

- July 8-12 Commuter/Overnight Camp, Girls age 10 to completed 12th grade
- July 29-Aug. 1 High School Team Camp

Softball

- July 8-12 Commuter/Overnight General Camp, Girls age 10 to entering 12th grade
- July 15-19 Commuter/Overnight Advanced Camp, Girls entering grades 9-12

Volleyball

- July 8-13 Commuter/Overnight General Camp, Girls entering 4th grade-12th grade



GirlFormation

P.O. Box 1302 • Ogunquit, ME 03907

PRSR STD
US POSTAGE
PAID
HALLOWELL, ME
PERMIT #238

Dear GirlFormation Readers,

We are very excited by this issue of GirlFormation as we hope to raise awareness of a critical issue facing girls today. Girls are bombarded with media images from television shows, music videos, song lyrics, internet websites and chat rooms, magazines, and advertisements. These images often reinforce a narrow persona that girls must embrace to feel valued. This narrow persona is sexually charged, and based on girls being physically attractive and an object for sexual use. This narrow persona is both unrealistic and undesirable to girls, but there are few choices being offered to them by the media. In this issue, we will discuss the problem of girls being sexualized in the media; we will also talk about trends of sexual activity with today's girls; and we will offer ways for readers to become involved in stopping the sexualization of girls. Thanks for taking the time to become educated on this issue by reading our newsletter. We hope to provide Maine girls with a healthy environment to grow into strong and unique women.

Sincerely,
Carrie Charpentier, Editor

Please visit our web site www.girlformation.com
and click on the link for our survey:
www.surveymonkey.com/s.asp?u=893003648749

Visit us at www.girlformation.com

- Readers will find the present GirlFormation newsletter on the site as well as an archive of previous newsletters.
- Female artists and authors may go online to submit artwork, photography or writing pieces for publication in an upcoming issue.
- Individuals who would like to receive GirlFormation or sign up a friend, daughter, local organization or school to receive our newsletter (at no charge) can do so on our new website www.girlformation.com
- Girls can read our new health column, "Ask Kat" or submit health questions for Kat, a Maine registered nurse (RN), to answer in an upcoming newsletter.
- Website viewers will find a calendar of events with scheduled activities for girls.
- If you would know of a Maine organization that promotes positive mental and physical well being for Maine girls or if you know of a Maine girl you'd like to submit a profile of for use in our "Girls in the News" column, please contact the GirlFormation staff online.
- Readers can copy and paste information from online GirlFormation newsletters, and email them to interested girls and educators.