

# You go, girls

## Camp gives new meaning to the term girl power

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II - Move over, Spice Girls, girl power is coming to Haldimand-Brant this April.

A number of community agencies are teaming up to offer a Leadership, Independence, Responsibility, Self-esteem (L.I.R.S.E.) power camp for grade 8 girls from throughout the region.

Delhi District Secondary School

facilitators - Kassie

is, Carrie

Somerleigh

, Abby

and Mel-

an Heugten

planning a

program

is de-

signed to build

self-esteem and

confidence and

awareness

of issues such

as body image,

peer pressure and

bullying. They and

more than a dozen

facilitators will

be campers ac-

cepting strategies

to develop the critical

thinking skills necessary

for making informed

decisions.

"If you look at the younger

girls, kids who don't have the

body are often left out and

really bothers me," said Van

Heugten.

She agreed, saying, "If you're not

and pretty with the hottest clothes,

left out or made fun of.

"If you're overweight, people call

you fat."

oneselves," she said. "This camp is how to get them grounded and to take the big step into Grade 9 and build up their self-esteem."

Self-esteem can be a fragile thing. The teens say positive reinforcement, as does meeting challenges.

"Other people may not know you're a person and really helps you feel better," said Scheel.

people make that at best may come down."

Facilitators agree.

"Empowering girls can help build them up," said Heugten.

The camp is also designed to help girls who attend DDSS camps.

self-discipline will make more confident.

"If you do one thing, you can do it," said Scheel.

Scheel says she will make a point to be friendly to any of the girls who attend DDSS camps.

Heugten concurs that it's important to see friendly faces at school, especially if students don't have friends there.

"When you walk down a hallway, one person you know can make a big difference," she said.



TIES THAT BIND: DDSS teens (clockwise from center) Somerleigh Leake