



# GHGH



## Girls' Health in Girls' Hands

The Boys & Girls Clubs of Monterey County inspire and empower the youth of Monterey County to realize their full potential to become responsible, healthy, productive, and successful citizens.

Our Girls' Health in Girls' Hands (GHGH) program, founded by the Women's Fund of the Community Foundation for Monterey County, designed to provide girls, ages 11-18, with leadership opportunities to refine their skills rooted in resilience, compassion, and the ability to live their life as their authentic selves. The program aims to empower, support, and invest in girls as advocates of their own health needs and encourage them to create healthier climates in their schools and communities.

The Girls Leadership Network (GLN), an essential leadership and advocacy program within Girls' Health in Girls' Hands, is a girl-led community activist group in which each nominee represents their respective school and community (and/or partnering agencies) throughout the year.

The GLN represents eight cities across Monterey County, from King City to Seaside. Each GLN Member participates in 8-10 hours of Saturday skill-building workshops every month during the school year. These workshops, focus on how to work with schools and local agencies to create the community change they wish to see. The GLN also plans an annual advocacy project and hosts a yearly GHGH Summit, covering essential topics such as Drug Prevention and Education, Campaigns Against Hate Speech, and self defense.

Through the GLN efforts, up to 950 youth in Monterey County are expected to be impacted by the annual advocacy projects in FY19-20. GLN expects to recruit 150 girls, ages 11-18, to participate in the summit, which will offer workshops such as self-love & self-esteem, health eating, knowing your human rights, yoga, and self-defense.

For more information on the GHGH Program, please contact [ghgh@bgcmc.org](mailto:ghgh@bgcmc.org). For information on funding opportunities, please contact [development@bgcmc.org](mailto:development@bgcmc.org).

## 2018-2019 IMPACT NUMBERS

**705 GIRLS**  
at  
**9 HIGH SCHOOLS**  
in  
**8 CITIES**

participated in health, leadership,  
and research/advocacy programs  
through GHGH programming

**\$75,000 IN  
SCHOLARSHIPS**

awarded to GHGH applicants  
through the Community  
Foundation of Monterey  
County's GHGH Scholarship  
Fund

## 100% OF PARTICIPANTS

surveyed after completing GLN  
reported feeling comfortable  
leading or participating in a team



**BOYS & GIRLS CLUBS**  
OF MONTEREY COUNTY