

# STOP THE MEANNESS, SPREAD THE KINDNESS

## Elementary Schools- Middle School- High School

\*Assemblies \*Class room programs \*After school programs

### Students will learn:

- ABCs of relational aggression, bullying & mean-spirited behavior
- Responses or lack of response that creates becoming a target
- Why people are bystanders
- How to stand up for yourself and others
- What it means to be an empowered kid
- What confidence and self-esteem are & why you want them
- How to use your personal power to build others & yourself up
- How people use their power to tear others & themselves down
- How we give our power to others even when we are mean
- Why being mean to someone, when they are mean to you is not being empowered.



[www.girlsempowered.com](http://www.girlsempowered.com)

Over 10 years of providing programs through assemblies, 50 weeks of summer day camps, after-school programs, parenting workshops, educator trainings & one-on-one coaching.

Over 45,000 kids, parents and educators have participated!

- dealing with bullying & relational aggression
- building confidence, resiliency, & self-esteem
- teaching social skills, assertiveness, friendship skills, conflict resolution & problem solving skills
- provide fitness classes & self-defense

[www.boysempowered.com](http://www.boysempowered.com)



## Parenting Workshops

Parents learn the same information as the students but also learn how to create an environment to grow a confident child who has a high self-worth, resiliency, compassion, and skills to handle what life throws their way.

Parents learn why it is beneficial to support their children in speaking up for others and themselves.

## Educator Training

Learn the ABCs of relational aggression & bullying

Learn how to create a culture in your school where bullying & relational aggression are not the norm

Learn curriculum to do activities in the classroom to teach kids how to deal with relational aggression, build self-esteem & confidence.

Learn why telling kids to ignore the situation creates bigger targets.

Contact Kimber @ [kimber@girlsempowered.com](mailto:kimber@girlsempowered.com) Phone: 248-757-0912



Founder, Kimber Bishop-Yanke showing kids how to increase their confidence & personal power!

Facebook: Girls Empowered, Boys Empowered