



Girls Night Out



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In today's society of hate, murder, deceit, child pornography, human trafficking, child prostitution, and molestation, our girls need to know there are safety rules to having fun. In addition, our girls need to know and understand there are rules to dating, social media, and presenting themselves as girls and young ladies. In addition, we have widows that are afraid and women who are suffering from living with addicted and abusive spouses.

The Girls Night Out project is an 18-hour workshop that services girls between the ages of 12 - 17, and women 21 and up. The program provides educational resources that enlighten the knowledge of young girls in the areas of public presentation, social media communication, dating, and social behavior. In addition, the project course teaches the girls how to prepare for college and apply for scholarships, as well as entrepreneurship.

The women will learn financial literacy and food preservation to aid them in self-sufficiency. In addition, speakers will share how women can overcome living in a hostile environment and provide directives on where to receive mental health as well as living quarters.

Etiquette Course

It is important to start the necessary social skills and be able to meet and greet others with confidence and kindness. During the 18-hour workshop, will teach the girls table manners, dating skills, social skills, basic hygiene, and proper dress attire to ensure good mannerisms and confidence are second nature.



Personal Grooming

It is important for girls to understand their bodies as they begin to transition into womanhood of having a menstrual period monthly and what to do. This course teaches the girls how to use the different sanitary products and deodorants that are good as well as harmful to the body. In addition, the course teaches the girls to understand acne's purpose, problems, and management.

High School and College Prep Course

This project teaches the girls to research the schools of interest and apply for attendance. The course provides the necessary tools and resources the girls need to prepare for school and college grants as well as sponsorships. The girls are also taught how to write essays to present for entrance in essay contests and scholarships.

Entrepreneurship

Entrepreneurship and financial literacy are offered to teach girls and women the importance of self-sufficiency and independence. The program provides:

- Understand the business structure and foundational setting
- Fundamentals in finance, marketing, communications, and networking.
- Team-building exercises to encourage cooperation.

Mental Health & Stability

The mental health and stability course will teach the women and girls how to identify depression and where to go to find long-term professional assistance and spiritual guidance.

Beit El offers the programs to low-income families first and foremost, and those families whose income is more than \$35,000 annually are requested to donate \$400 to help with supplies and field trips.

The project workshop dates are July 19-20, 2024 from 6 pm CST. – Noon CST.