

Girls Incorporated[®] of Metropolitan Dallas Programs

Educational Enrichment

Operation SMARTSM builds girls' skills and interest in science, technology, engineering, and mathematics.

Economic LiteracySM introduces girls to basic economic and financial concepts, including money management, investments, and global economics.

Tutoring - by individuals of all ages.

Mentoring - by corporate volunteers and business owners.

Sports & Adventure

Sporting ChanceSM builds movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in all sports as girls explore the benefits of an active lifestyle.

Jump Jive & Wellness is a team building sport that involves members in sophisticated double jump-rope activities.

Career & Life Planning

Career Action Center including job fairs, job shadowing, career exploration exercises and college field trips.

NFTE Summer BizCamp focusing on how to improve academic, business, technology and life skills through entrepreneurship education.

Young Women's Company activities improve girls' academic, business, technology and life skills through entrepreneurship education.



Self Reliance & Life Skills

Media LiteracySM encourages girls to think critically about media messages and fosters their awareness of the power of the media and its effects on girls.

Project BOLDSM strengthens girls' abilities to lead safer lives by developing strategies for self-defense, seeking out caring adults to help with personal violence, and advocating on violence issues.

Project STRONG teaches maneuvers which promote aerobic fitness, raises health levels and combats growing obesity in children including a strong nutrition study.

Health & Sexuality

Preventing Adolescent PregnancySM bolsters girls' communication and skills as well as their motivation and resources for being in charge of their sexual health and avoiding teen pregnancy.

Friendly PEERsuasionSM builds girls' skills for resisting pressure to use harmful substances such as alcohol, tobacco, household chemicals, and other drugs.

Leadership & Community Action

Discovery LeadershipSM builds leadership skills and creates lasting social change by partnering girls and women in community action projects chosen by girls.

Conflict Resolution teaches techniques, skills and the art of negotiation build confidence and self-esteem.

Culture & Heritage

Art exploration in all mediums including dance, drama, drawing and painting, modeling clay, and film.

Cultural Event Attendance and Participation allows girls the opportunity to experience the diversity of cultures around them and develop an appreciation for their heritage.

Preventing Adolescent Pregnancy and Friendly PEERsuasion substance abuse prevention program have been recognized with a "Level 1" and "Level 2" sequential rating on the Helping America's Youth Community Guide website. Our programs are approved by the Dallas Independent School District.

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