



Teen mentors for Positively More!

It's All Positive

Being a kid isn't always easy. The JLG arms preteens with skills to navigate their world

EACH POSITIVELY MORE! SESSION INCLUDES THE FOLLOWING CLASSES:

VALUE YOURSELF

TOPICS RANGE FROM EATING DISORDERS TO COPING WITH DEPRESSION, STRESS AND DEVELOPING SEXUALITY. GIRLS ARE ENCOURAGED TO IDENTIFY PERSONAL BOUNDARIES AS WELL AS THE ADULTS THEY CAN SAFELY TURN TO FOR SUPPORT.

VALUE FRIENDSHIPS

PROVIDES TIPS ON NAVIGATING CONFLICTS AND RECOGNIZING THE DIFFERENCES BETWEEN HEALTHY AND UNHEALTHY RELATIONSHIPS.

YOUR DIGITAL REPUTATION

REINFORCING THAT WHAT KIDS SAY AND DO ONLINE HAS CONSEQUENCES THAT CAN LAST FOREVER.

YOUR MORAL COMPASS

HELPING GIRLS UNDERSTAND CONSEQUENCES OF THEIR ACTIONS. ROLE-PLAYING IS USED TO HELP THEM HONESTLY ANSWER, "WHAT WOULD YOU DO?" TYPE OF QUESTIONS.

SIGN UP FOR POSITIVELY MORE! BEGINS ON SEPT. 8 AT JLGREENWICH.ORG. SESSIONS ARE OFFERED ON OCTOBER 17, NOVEMBER 14, JANUARY 9, FEBRUARY 27 AND APRIL 30.

Middle school years can be a social minefield for even the most confident preteen girl, from surviving friendship dramas to the body changes. "They get hit with a lot, and it happens so fast," says Debra McLaughlin, communications chair for the Junior League of Greenwich.

Last year, the JLG stepped in with Positively More!, a program to help preteens keep their self-esteem intact during the vulnerable middle school years. The one-day sessions for girls ages eleven and twelve are an offshoot of Positively Me!, a self-esteem boosting program the JLG has offered third grade girls for several years. "What parents were telling us was that their girls really needed emotional support, information and coping skills when they hit middle school," says Debra.

Last year Positively More! drew more than 200 preteens. A repeat series is planned for this October. The workshops are facilitated by professionals skilled in dealing with adolescent issues as well as a relatable group of mentors—Greenwich teens chosen to offer straight talk about their own experiences to their younger peers.

"We give the girls a safe place to ask questions and speak honestly about what's going on in their lives," says Debra. "Adding the older girls was the unexpected ingredient that makes it work. The younger girls are more willing to take advice from a cool teenager than someone their mom's age." The free sessions also mix in fun. There's music, dancing and Garden Catering noshes. "We're trying to address all the practical worries these girls have, but in a way that makes it enjoyable," says Debra. —Beth Cooney Fitzpatrick



IN THE BAG

Last year Greenwich's Breast Cancer Alliance created Go For Pink, a day that gives us an opportunity to fight the disease right here in our own backyard.

On Thursday, October 1, stores on and around Greenwich Avenue will participate in the event dedicated to raising funds for detection, treatments and a cure. Last year more than forty-five stores took part in the event and this year will surely be even more successful.

Participating stores will donate 10 percent of proceeds from the all-day event, and many will offer special discounts. In addition to several new partners, BCA welcomes Saks Fifth Avenue, which has chosen the organization as its 2015 beneficiary of Key to the Cure featuring a T-shirt designed by Jason Wu.

Visit bcagoforpink.org for a list of participants—or just look for the Go For Pink sign in store windows.