

KitchenTable

Global Girls, Inc. Quarterly Newsletter

VOLUME 13 SPRING 2016 ISSUE

It's time for a conversation on black youth suicide.

Black people don't commit suicide! Right? Wrong. And, the recent rise in the numbers of black youth committing suicide should alarm us all.

Suicide is the third-leading cause of death for 15- to 24-year-olds, according to the Centers for Disease Control and Prevention (CDC), after accidents and homicide. It's also thought that at least 25 attempts are made for every completed teen suicide.

CNN recently reported, "The rates of suicide among African-American children have doubled in the last two decades, surpassing the rates among white children, which dropped over the same time period, according to a new study."

That study conducted at the Research Institute at Nationwide Children's Hospital in Columbus, Ohio noted that, "In just the 5-year period between 2008 and 2012 there were 41 suicide deaths among black boys, and 73 among white boys." This represents a big jump in the number of black youth suicides.

Another significant finding in the latest CDC figures concerned girls between the ages of 10 and 14. Though they make up a very small portion of the total suicides, the rate in that group jumped the most — it experienced the largest percent increase, tripling over 15 years.

What has happened to our youth, especially our black youth?

Why are youth willing to take their own lives? How can we help our youth who are struggling in silence? Can we even start an honest conversation about suicide in our community?

First, let's examine the factors thought to be associated with suicide. Stress and depression are two leading contributors. Another factor in youth suicide is thought to be early onset puberty, the "storm and stress" period of life. *Read more about early onset or precocious puberty - on page eight of this edition.*



Talisha Jones listens attentively as girls open up and candidly discuss their issues in our "small group sessions" led by girls for girls. One of the Grenada participants remarked, "It feels good to say what you're afraid to say. And then to have people listen and not judge. I never had an experience like that."

The Secret Lives of Black Girls....

Our girls like talking about their days, their feelings, and their dreams for the future. Recently, we talked about youth suicide..

The conversations were so interesting, we asked if they would write their thoughts and if we could share them with our Kitchen Table readers.

They wrote from their hearts about their experiences with stress abuse,

bullying, neglect, friendship and family issues. We call the segment, "The Secret Lives of Black Girls," While society might see black girls as strong-willed and bossy, they say it's all pretense and the way they cope.

We hope that you will read their comments and start conversations with the girls in your life. And for the sake of all girls, let's listen and become advocates for our youth.



Mombasa and Grenada Pix



We watched the sunrise over the Indian Ocean each morning while in Mombasa, Kenya.



We actually performed at this Mombasa theatre and rocked so hard we were invited to perform again the next night.



Rehearsals for our Big show were really good!



Chicago and Grenada "Globes" after the show.

Follow us on Facebook and Twitter!

CCICS, a neighborhood gem

A quick google CCICS reveals that, "The Jacob H. Carruthers Center for Inner City Studies was established by Northeastern Illinois University in 1966 as an outgrowth of its concern for and commitment to Chicago's inner city communities."

But you actually have to visit 700 E. Oakwood Blvd. to truly appreciate the



facility, the people and the vision. Headed by noted writer, community activist and educator, Dr. Conrad Worrill, CCICS is a true community gem.

Global Girls is proud to partner with CCICS. We've hosted many events and staged four productions in the beautiful Donn F. Bailey Legacy Hall. Bailey, also an educator, helped found CCICS, secured funding for its renovation in 1976 and served as

CCICS director for more than 20 years. We use the theatre and so can you. But why stop there? You can enroll in a class, attend an event or pursue a degree. It's conveniently located right in our community.



Register now for Youth Performance Camp and Take the Stage summer sessions!

Growing up as a Global Girl *by Tiffany Bean*

Those who know me, know that I grew up in and now work for this organization. I spent every Saturday (and some weekdays) in the company of Mrs. Penn, the GG staff and my Globes for nearly a decade. I went on tours, hosted a TV show, mingled with politicians, traveled overseas, you know usual teenage stuff.

I was involved in other activities but if they conflicted with Global Girls... Deuces! My friends and some teachers would often ask, "What's so special about Global Girls? Why does it trump all?" Some asked the harder question, "What exactly do you do?" Sounds simple enough, but girl, is it hard. It's so hard to put into a sentence or two what we do because you know whatever you'll say just will not do Global Girls justice.

The original (ancient) version of the ceremony read that we are... "a youth development organization using the performing arts to equip girls with three fundamental skills; communication, leadership and life skills". I feel that statement was probably the most accurate description yet still an oversimplification of this Global Life.

Global Girls harnesses the best of us, depreciates the worst of us and challenges us to the core of our thinking. Its treating each toddler and teen alike, and valuing their opinions as people rather than devaluing their thoughts as chil-

dren. Its taking their ideas as well as their criticisms and honoring youth as human beings equipped with feelings and emotions that are real.

There's no "Do as I say, not as I do" mentality in The Global Studio. We model the behaviors we expect of our youth and we share our mistakes and mishaps with them as a demonstration of just how human and flawed "grown-ups" can be.

Messing up is a part of growing up and as long as we're aging (numerically and, hopefully spiritually), we're bound to make mistakes. BUT if "We mess up, we 'fess up" and take the needed steps to make things right.

Global Girls, to me, is a lifestyle. It elevates who you are and helps you see where you want to go. Experience and exposure are essential in molding young minds. Showing them their possibilities as opposed to saying "Trust me, they're out there," is much more effective in creating youth who will make positive changes and challenge their surroundings.

In my humble, but heartfelt opinion Global Girls is more effective than any Boys & Girls Club, more individual capacity building than any Girl Scouts and fosters more bonding than any sorority.



Tiffany Bean circa 2003

Global Girls Open House Saturday, June 18 1 PM until 3 PM

*Meet our board and staff
Learn about our programs.
Talk with the youth.
See a performance.*

RSVP info@globalgirlsinc.org

My GG squad is my family, my spiritual kinfolk with like minds and silly souls and that is why we say, "Global Girls for life."

But who am I telling... if you're reading this, you're already Family!

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New season and new leadership on the board

By Donna Beasley

I am always inspired by the beauty of Spring's blooms and blossoms. Global Girls is also ushering a new season of growth and development with changes to its board leadership. Stephanie Brathwaite has been elected, Board Chair. Stephanie has been active for several years with Global Girls. She has a daughter in the program and they both recently went on the trip to Kenya. Brathwaite succeeds, Marcia Thomas, who has served as Chair for almost a year. Other new officers include, Donna Beasley, Vice Chair, Chaka Washington, Treasurer and Jessica Lawson will continue as board Secretary.

Board Training

Though much progress has been made over the last couple of years, the Board has several strategic goals this year. The first goal is to improve the management skills for every board member serving. Global Girls has secured a grant to participate in the Driehaus Board Development Training program facilitated by the Arts & Business Council of Chicago. This professional training from a team of experts will improve the efficiency and effectiveness of the board.

Fundraising

Our second key goal is raising funds to sustain and grow the organization. The



Global Girls 2016 Board of Directors Standing left to right are Chaka Washington, Marcia Thomas, Angela Williams and Stephanie Prather. Seating let to right are Stephanie Brathwaite and Donna Beasley. Members Jessica Lawson and Talibah Mane are not in the photo.

board will develop and implement an annual fundraising plan to help make Global Girls fiscally sound and sustainable long-term.

Partnerships

We want to market the organization and create partnerships that will advance the Global Girls mission both in the city and internationally.

We also want to invite you to become active in the Global Girl family. We are still actively seeking board members. We are also seeking volunteers to serve on committees. Contact the office if interested. Join us in helping Global Girls rise up to be the best they can be, because the world is waiting for them.

**Global Girls Inc.
The Global Studio**
8151 S. South Chicago Ave.
Chicago, Illinois 60617
773 902.2359 phone & fax
info@globalgirlsinc.org
www.globalgirlsinc.org

Board of Directors

Stephanie Brathwaite, *Board Chair*
Jessica Lawson, *Secretary*
Chaka Washington, *Treasurer*
Donna Beasley
Talibah Mance
Stephanie Prather
Marcia Thomas
Angela Williams

Staff

Marvinetta Woodley-Penn
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Tiffany Bean, *Business Manager*
Jessica Griffin, *Program Specialist*
Ryonn Gloster, *Program Specialist*

Teaching Artists

Tiffany Bean
Naimah Cyprian
Tiffany Fulson
Ryonn Gloster
Jessica Griffin
Dawn Hall
Rosalind Rogers

Junior Facilitators

Kiara Jones
Briana Turner
Ricki Welch

Mission Statement

Our mission is to equip girls of color with skills that nurture their individual growth and inspire them to use their talents for positive change in their communities and throughout the world.

Adult classes at the studio

Mum's the Word, our pre mother's Day party was so successful that we are now holding evening and Saturday classes for adults at The Global Studio. Preregistration is required.

If there is a class you want, get at least five friends to register and we WILL offer it. For now, here's what we have.

Adult Acting Tues.

Adult Dance (chair) Wed.

Adult exercise Thurs.

All classes are from 6:30 pm until 8 pm

Sessions are 6 weeks Classes are \$7 each or \$35 for the session if paid in advance.

SAVE THE DATES!

Saturdays thru June 18
YOUNG WOMEN ON THE MOVE
 sessions for girls 5 to 14
10am until 1pm
 The Global Studio
Registration required

Wednesdays thru June 22
ADULT (CHAIR) DANCE
WITH LADY "J"
 6:30pm until 7:30pm with line
 dancing until 8pm
 The Global Studio
 \$7 per class

Friday, May 20
7pm until 10pm
OPEN MIC NIGHT
 All talents welcome
 The Global Studio
 \$2 admission for non performers
 Cash Café available

Saturday, June 18
1pm until 3pm
OPEN HOUSE
 Information, entertainment,
 refreshments
 The Global Studio

Saturday, June 25
9am until 12 noon
FOOD DEPOSITORY ANNUAL
HUNGER WALK
Jackson Park
*Walk and help us raise funds
 for our feeding program*

Monday, June 27
9 am until 3 pm
YOUTH PERFORMANCE CAMP
 starts
 Monday thru Friday
 June 27 thru August 19
 Breakfast and Lunch daily
 Weekly field trips
 Summer performance showcase
Registration required

For more info, call 773.902.2359 or
 email info@globalgirlsinc.org



Get your own beautiful and warm Global Girls hoodie for cool Chicago nights. Only \$25. Proceeds help Global Girls programs.

Partner Spotlight Kudzai B. Mutasa

I believe that through my artwork, I can encourage others to discover and cultivate their gifts to create something the world has been waiting for". -Kudzai

And, yes, she can. Kudzai found Global Girls late last year and shared her gift as well as a bounty of Christmas gifts with our girls during our holiday sleepover.

Girls still talk about Kudzai and the paintings she helped them create. She provided all of the supplies, over 30 canvases and many jars of paint.

With abundant patience, she guided their designs and encouraged each girl to find herself within the piece by listening only to that small still voice inside her.

Visit her website, www.iamkudzai.com and book a workshop, an experience.



My Mombasa camel ride by Ryonn Gloster

While in school last year, I read and became inspired by Tina Selig's book, "Things I Wish I Knew When I Was 20." The author talks about ultimate goal setting, problem solving, and the five types of risks - physical, emotional, social, financial, and intellectual.

As I read, I thought, "When was the last time I took a risk?" Immediately, I wrote a list of goals and called it "Bucket List for My 20s".

Time moves so quickly. I remember turning 20 like it was yesterday and now I'll turn 24 in a few weeks, yikes! I will look up soon and be 30.

I had to act fast, so I rewrote my bucket list and started meditating on the things I wanted to manifest. I started imagining doing things from my bucket list and, sure enough, the universe started aligning itself to make those things become my reality. I looked up and most things on my list had happened.

There was one thing I was really happy to scratch off my list - riding a camel or an elephant somewhere in Africa. And yes, I got that camel ride on the beach in Mombasa, Kenya! Oh my, what a fun experience.

In March, I traveled with Global Girls to Mombasa, Kenya to work with our Young Women on the Move group there. It was a remarkable trip. We stayed at the beautiful Pa Pweza hotel where we got up rose early in the morning to watch the sunrise over the Indian ocean. In the afternoon a guy walk along the beach with a dromedary camel, the one with one hump.

I had never seen an actual camel and found it fascinating just thinking about the chance to ride. The camel's legs were very long and the owner prodded it to

knell so that I could mount. I was so frightened when the camel stood up. His front legs went up first and I felt as if I would fall off the hump. When he rose on his back legs, he wobble a bit to get his balance.

Once we started moving, the ride was great. I was high off the ground, but surprisingly relaxed. There was a perfect breeze in the air and I could see the entire beach from a mile away. It was so incredible I want to ride again.

After that camel ride and actualizing other items from my bucket list, I am committed to creating lists for my 30s, 40s, 50s, etc. I will use the same process as the original. Why not? It certainly worked the first time.

I just might make creating a bucket list a lifelong project so that as I get older, I can reflect and say, "Wow, look at all the amazing experiences I've had."



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The Girls' Pages

A look inside the secret lives of black girls

The way we feel is just that - the way we feel. Our feelings are ours, and they are real. It doesn't matter that others don't share our feelings or try to deny our right to feelings. However, those who claim to love us must begin to listen and acknowledge authentic feelings if the desired goals are effective communication and healthy relationships.

When we suppress our true feelings, we experience stress. Eventually, those feelings will manifest and often in destructive ways - including violence, overeating, alcoholism, drug abuse, escapism into television or social media, physical and/or mental illness, lack of self confidence and even thoughts of suicide.

Global Girls is a safe space where youth can share their feelings verbally and in writing. Here are excerpts from "The Secret Lives of Girls" where girls were encouraged to think, talk, and then write about their feelings.

Myah, 11

Me and many other black girls are being lied to about who we truly are. People try and tear us down for our skin color, how short or nappy our hair is, our shoes and how we can't buy new stuff every day. Other girls who should be our sisters talk about us.

Many black girls think about killing themselves and feel alone because of this. But, no matter what other people say, we are different!

I think we have to be our true selves around everyone no matter what. Don't feel uncomfortable about who we are, or insecure about the way you look. We have to always stand up to people and be comfortable in our own skin. Be AS-SERTIVE!

Yeva, 11

Mrs. Penn asked us if we did a project called "The Secret lives of black girls" what do we think it would look like.

I think that it would be a lot of stuff about girls' thought on killing themselves. This is all because of people talking about them in the way they look just because they are black.

This happened to a girl in my class. People were making fun of her and she would cut herself with glass. They called her names like thot, hippo, stupid and big head. This made her think she was not important in life. Things like this make me sad. I want to stop this for all black girls. I found out she was cutting herself. Everyday!

We have to know and believe deep down inside that we all are beautiful and talented girls.

Antenia, 10

Girls with mean personalities talk about people, but no one is perfect. We are all human beings. They talk about you and try to judge you cause of your color. I don't care when they call me names. You never know why they don't like you.

It makes me feel mad because other girls, like sensitive girls, get their feelings hurt. But I think some black girls might try to fit in and talk about others so that they won't get picked on and get bullied by the other kids.

Kenya, 13

Black girls in my opinion are uncomfortable with some things that have to do with other races or even the opposite sex. For example, white girls may embrace their history or even physical traits while we are ashamed of our rich history and our unique bodies.

This Globe in Grenada



Simone Stokes

My trip to Grenada still means so much to me. It will always be one of the most memorable times of my life because I did something I never even dreamed of doing.

It all became real when we walked off the plane and saw the sign that

said "Welcome to Grenada." The pure, humid air hit my face, and I loved it. For the first couple of nights, we stayed with Ms. Lorise, our host with the Grenada National Organization for Women. The view from her home was breathtaking. It was like I could see the entire Grenada. She showed us around "Fort Fredrick." She told us that our own President Reagan bombed Grenada because of the nutmeg. That is only one of the things that I learned while in Grenada.

For most of the trip we stayed at Alexander's Hotel in the Telescope region of Grenada. On our 3rd day we noticed there was a bit of disagreement in our own ranks. So we 11 girls from Chicago had a truth circle. By the end of our talk, we were much, much closer. One of our motivations was that we would be leading our first session of Global Girls with 30 Grenadian girls. So, we had to be united!

The day came when we finally got to meet the girls. The night before, we spent hours role playing who would do what. When we first saw them, we were nervous and worried, but by the end of the day, we were all laughing and talking and getting to know each other. I think we did pretty good for our first day.

One of my most memorable days with the girls was when we broke into small groups and had a truth circle with the Grenada girls. There was one girl who

Continued on page 8



Continued on page 6

The Girls' Pages

Continued from page 5

Boys seem more open with whatever they do from sports to even being around a girl they like, while us girls are so afraid of what everyone else will think. If they are near a boy they like, they act scared or shy away.

Black girls sometimes try to stray away from their natural selves, following the crowd, not being themselves, I try my best to be my authentic self.

Trenyce, age 10

There might be a secret about their household. Also the way they feel about themselves around other girls or boys. Secrets about what they have gone through and the way they handle different situations. Situations like at school or on the street or even at home. They have secrets about how they feel about themselves like how hard they are on themselves. Secrets about their hair and how its nappy, long, short, or uneven. Even secrets about their beliefs about how they're unique in their own way.

Kashyai, age 12

The secrets of a black girl's life are that some girls may go through things that people may not understand. They try to act different, and they try to fit in with other girls. But when you are a black girl, you get bullied and talked about every day. You try to do things that can help the problem, but are still being talked about bullied and beat on at school. Sometimes you don't want to show it, but deep down inside of you, know that you are a beautiful girl.

Aniyah, age 8

Sometimes people bullied me and it really hurts. but I try to fix it myself. They always call me fat and turkey, and I always call them names back, Even if I tell the teachers, they still bully me. Even if I tell the principal, they still bully me.

Symone, age 12

Things that go on behind closed doors between young black women is that we stress nonstop about little things, like school, work, boyfriends, homework, friends, cliques and more. We worry about getting home ok. How we appeal to other people mainly boys. Wanting to feel accepted. Not wanting to feel reject-

ed. Not wanting to feel outcast or forgotten. Wanting to be free with no restraints. Wanting to be the best in almost everything. Wanting to have both parents in their life. Wanting to feel love. We want to feel like we're the C.E.O in things. But most of us feel we can't devote the time it takes to get to that.

I don't get it when someone out of our race calls us names in disrespect, but we call each other names in disrespect all the time. So I think what makes it ok is that some of us will let someone of the same race do it, and it doesn't mean anything. But if someone of another race says something out of term, we're all ready to fight. I think some of us feel this way is because we feel it's really and truly disrespectful when someone out of our race says it, and it takes us back to uncivilized times.

Yes, we do work with a few guys in our After School Matters program. And, yes, they like to talk about their issues also. So, here is their take on the Secret Lives of Black Boys...

Summary of their conversation:

- A lot of guys don't like admitting they are virgins
- That they are gay
- Can't show feelings and who they really are. They choose to follow the crowd instead of how they're feelings about what they love because they might be teased.
- Admitting who their dad is and how they feel about him.
- Thinking they need expensive clothes and items to get respect to seem like they have money.
- Girls want guys who wear dreads.
- Crying in front of a girl gets you points.
- Dark skin girls easy. Light skin girls are hard to get.
- No weaves, light skins, cute dark skin, thick girls.
- No one wants to get married. TV shows and music influence opinions about marriage.
- Relationships with others
- Coping and holding personal issues
- Turn to gangs and drugs because they are following what they see.

- Don't have a man to talk to
- Gotta be tough to get respect and have friends
- Think gang banging is cool
- If you don't have a father to groom you, you'll get influenced by others
- Fathers are role models, but most are not around to be a role model
- I live with my mom. My dad picks me up, and I spend time with him. After a visit he'd drop me off, and I would look out the window and get sad. My mom told me to stop it.
- Lots of girlfriends, that's cool. I want to be like my dad and never marry. Why should I settle with this one when the next one might be prettier?
- I'm adopted, and I don't care.
- Relationship with mother... she struggled to get what I need,
- Can talk about more with your mom
- Mom tries too hard
- Whatever you do, don't have babies

Anonymous

My opinion of a young black male is that he is a very cocky person. Also, I think most boys hold in a lot of personal things and issues. They like to go to gangs and drugs because they have a lot of lot of personal issues.

Gabe

Feelings, men are afraid to show their feelings to others. They don't want to open up to others. Others are afraid to show their feelings towards certain activities they like to do because they might be embarrassed if others don't like those things.

Open Mic Night
Friday, 5/20/16
7p until 11p

THE GLOBAL STUDIO

8151 S. South Chicago Ave.
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All Talents Invited
Poets, Dancers, Storytellers, Singers, Jugglers, etc
DJ for dancing between sets
Cash Café will be open for refreshments
Teens and Young Adults
\$2 for non performers

It's all about YOU!



Facebook Facts

A recent survey of 500 top colleges found that **10% of admissions officers** acknowledged looking at social networking sites such as Facebook to evaluate applicants.

Thirty-eight percent of admissions of-

ficers said that what they saw negatively affected the applicant.

If Facebook were a country, it would be the fifth-largest country in the world, after China, India, the U.S., and Indonesia.

Both citizens and police departments are increasingly using Facebook to catch suspected criminals.

The average Facebook user spends 40 minutes a day on the site.

As more adults get on Facebook, teens get off. Their choice is now Snapchat.

Have a face-to-face conversation? What's that?

My trip to Mombasa, Kenya with my daughter, Kenya!

by Stephanie Brathwaite

On Thursday March 3, 2016, four Global youth and six adults journeyed to Kenya. In true Global Girls fashion, this trip showed the youth and adults what it truly means to be a courageous, talented girl changing the world.

The first two days of this journey were spent in Nairobi and the last two days of the trip spent in London.

It was in Nairobi where we experienced authentic Kenyan hospitality. We divided up and stayed with two host families. Upon our arrival, we had a delicious, full Kenyan meal. Our families even gave us Swahili names.

Our experiences at the open-air Masai market and the heartfelt children's songs and smiles at Little Ray of Hope School made an irrevocable impact on our lives.

We spent most of the time in Mombasa, a 40-minute flight from Nairobi. While there, we worked one on one with youth from our Global Girls Mombasa chapter and our Chicago youth helped facilitate those workshops. We went on a Safari, visited a Masai village, had dinner with a Kenyan family and even spent our last night at an exquisite resort.

We visited a cultural center in the Bombaloo region and helped Mombasa Relief Initiative, our partner on the trip, serve dinner to over 100 youth.

We visited three schools where we helped distribute donated school supplies. Additionally, we worked with special needs students in structured activities such as

identifying shapes, colors and numbers. Many were mild to severely autistic youth.

As a Global Girl parent, this was a defining moment as I witnessed my own daughter operate in her gift, nurtured and sharpened by Ms. Penn and teaching artists at the Global Studio. Kenya led the girls in song and dance, smiling and relishing in sharing the entire time.

The youth performed at the Little Theater Company in Mombasa and were invited back for a second performance during an event titled "Fatou's Voice, The African Dream" where they met and took a picture with the first African female marine pilot.

Our girls stayed in their own room and through their work realized what it truly means to be a "Global Girl".



Global Girls, Kenya and Jade, work with our girls in Mombasa.

I believe, Global Girls mission and practices represent the epitome of youth empowerment.

For me and my daughter, Mombasa was life changing. We grow closer and as individuals. The experience spoke to the greatness that is within each of us.

Join the **Global Girls Team** at the
GREATER CHICAGO FOOD DEPOSITORY'S
31ST ANNUAL HUNGER WALK

Saturday, June 25

Chicago's historic Jackson Park

Kick off time 9am

Call us to register, 773.902.2359

Your support helps us feed youth in
our after school programs.

Kitchen Table is your source for information and news about today's girls. Advertise your product or service and reach more than 1000 households and businesses 4 times a year.

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Symone in Grenada *continued*

put her scarf over her face and cried as she told her story. That told me she was hurting inside, but couldn't let anybody in.

Eventually, we grew close. The Grenada girls would follow us to our flat and just hang out til time to go home. One night we had a party and invited girls and a few boys.

After the initial standoff, the party got live! Our girls started dancing going crazy. We had never seen that side of them.

On the Sunday of V-day, we performed for a GNOW event. It was one of our best Company performances ever.

On the weekends, we went to karaoke. We danced, sang, and laughed our little hearts out. Once at the karaoke, a guy was singing and started singing to me. He reached out and hugged me. I was shocked., but it was all in fun.

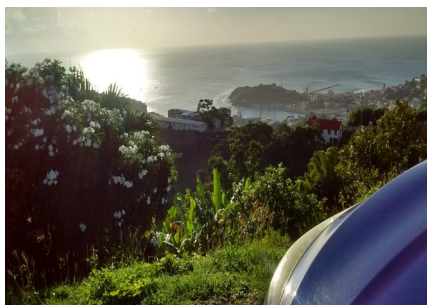
All of us looked out for one another the entire trip. We became really close. On the bus rides, we were all mixed in together.

After days of begging Mrs. Penn to take us to the beach, she finally gave in. We took a long, bumpy ride from Telescope to St. Georges for most beautiful beach ever. The water was in shades of blue. We took lots of pictures. We danced in the water. It was really fun.

On our last day with the girls we went to another beach. We played soccer with them. We sat in a boat and their parents made "Oil Down" (Grenada's National Dish).

We made friendships that will last forever. We also taught the Grenada girls that they have voice and they can use it to help other girls.

Of all my Grenada experiences, I'll cherish growing with the Chicago and Grenada girls the most.



YPC is great!!

"The summer is lots of fun. I dance everyday and learn how to act. I've even made lots of new friends who love performing just as much as I do!"



12-year-old Natasha Williams has already convinced her mom to sign her up for our 3rd annual Youth Performance Camp June 27 through August 19. Girls, ages 4 to 14 learn acting, dance, spoken word and even writing skills in their daily camp activities.

Seasoned teaching artists teach social/emotional skills in the first half of the camp day. Youth are divided into age appropriate groups.

The afternoons are filled with music, dance, improvisation, and scene development. Youth sharpen their writing skills, expand their imaginations and create amazing works of art in a safe space. Oh yes, they also have lots of fun.

We provide a healthy breakfast and lunch each day for all youth as part of our partnership with the Greater Chicago Food Depository. Their Kids Café vendor, Gorilla Gourmet, delivers delectable daily meals to youth in our after school program.

Youth Performance Camp runs Monday, June 27 thru Friday, August 19, Monday thru Friday from 9 AM until 3 PM. Early drop off and late pick up arrangements are possible.

Our camp offers several amenities including five field trips over the summer, weekly performance opportunities for participants, visiting artist presentations, a community engagement with our Beauty in the Community Campaign and an end of the summer Showcase where youth display their talents for family and the community.

Slots are going fast. Stop by The Global Studio and enroll a girl who is near and dear to your heart. She'll thank you for it.

Early onset puberty

I remember the agony of puberty. Two painful lumps in my chest grew into breasts that I tried to hide. My hips popped out over night and hair appeared in places that were odd and unsightly. Then came the dreaded period which seemed to last forever.

I was 11 or 12 and traumatized when boys and men reacted to me differently. I hated puberty. And even though my home economics teacher explained it with all the zest she explained making pigs in a blanket, I still felt I was the only girls in the world with this problem.

Now, I shutter to think about a five or six year old going through puberty. I imagine her feelings, her confusion. And then there are the stares, the harassment, the teasing. That little girl has been hurled into sexual maturation through no fault of her own. Is this five or six year old still a little girl or a developing woman?

That is early onset puberty and it happens to black girls more than any other group for reasons researchers are only beginning to understand. Many attribute the phenomenon to the epidemic of obesity, stress, pollution and toxins.

We see these girls everyday. So, what do we do?

Parents, teachers, youth workers, neighbors, all of us have a stake in the physical, mental and emotional health of our youth. Here are five things we can do (boys experience early onset or precocious puberty also).

1. Talk to your daughter about what is happening to her body and why. Listen to her. Stay open to honest conversations with her.
2. Talk with your pediatrician. Prepare a list of questions with your daughter and teach her to ask questions for herself.
3. Start a family exercise routine. Not only will you loose weight, but you will stave off diabetes, heart disease and high blood pressure.
4. Eat more nutritious meals. Bypass McDonalds and Kentucky Fried and all of the other fast food joints. Plan time to cook and eat as a family. Your savings account and your waistline will thank you.

Passports in their hands. Change theatre on their minds.



Grenada arts exchange 2016 funded by the John D. and Catherine T. MacArthur Foundation



Mombasa arts exchange 2016 funded by individual travelers, parents and friends of Global Girls



India arts exchange 2013 funded by the John D. and Catherine T. MacArthur Foundation

Congratulations to our Grads!

Ava and Jada were students in our Horace Mann Elementary School program. They came to the Grand Crossing Park Saturday session and brought Kiara and Ricki after participate in our annual fashion show.

Guess they liked the sessions because they stayed. Soon, however, they will leave us and head to college. Ava Saunders is graduating as a musical theatre major from the Chicago Academy of the Performing Arts. Jada Siler leaves Perspectives High School with a business focus. Kiara Jones, a dance major, graduates from University of Chicago Charter School Woodlawn. While we will miss them, we know they'll return. Once a Global Girl, always a Global Girl.





With Global Girls, you see where your money goes—directly into programs that honor and engage girls as they learn and empower other girls. Whether in programs after school, during the summer, in partnership with After School Matters, with our partner schools or in international chapters, we build ensembles and create performances giving voice to girls issues. They love it!

Kitchen Table is a quarterly publication.
Send all comments, questions and inquiries to
info@globalgirlsinc.org

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We want. We work. We win.

**92% of every dollar goes towards our programs.
Your contributions help us help more girls.**

Name _____

Address _____

City, State/Zip _____

Phone/Email _____

Yes! I want to support courageous, talented girls who will change our world.

Enclosed is my gift: ☐ \$10 ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$ _____

Please use my contribution for:

☐ General operating expenses

☐ The Global Studio Capital Campaign (*your name on the Builders' Plaque*)

☐ Global Girls performance support (*Get free tickets to shows*)

☐ Bi annual trips abroad (*India was our last trip. Next stop - Germany*)

Global Girls Open House Saturday, June 18, 2016

Meet the board, the team and the girls

See a preview of "Be A Man!" featuring our male Company

Sign up for adult classes and more

1pm until 3pm

Global Studio 8151 S. South Chicago Ave. 77.902.2359