

## \*Registration Form\*

Deadline = Oct. 21<sup>st</sup>

Deadline = Oct. 21<sup>st</sup>

Read the chat room descriptions and write the number of your five favorites in the spaces below. We will try to give you 3 of your 5 choices. These will be assigned on a first come first served basis.

1st                      2nd                      3rd                      4th                      5th

\_\_\_\_\_

First, Last Name:	
Home Address:	
Email:	
School Attending:	Are You a Girl Scout:
Emergency Contact Number:	
Signature of Parent or Guardian (required)	
_____	
I give my daughter permission to participate in Sister to Sister Summit sponsored by Jefferson County Branch AAUW and Girl Scouts NYPENN Pathways.	

I will be dropping my daughter off directly at JCC (Building 6).

I will drop my daughter off at \_\_\_\_\_ School and pick her up afterwards at that location.

\*Registration: \$5.00 per person, make checks payable to AAUW Jefferson  
(\*If possible please bring a canned good or a nonperishable food item.)

I cannot afford the \$5 registration fee and would request scholarship support.



Mail your \$5.00 check and this registration form to:  
Kerry Young, AAUW Treasurer  
22215 Patricia Drive  
Watertown, NY 13601

American Association of University Women  
Jefferson County Branch  
and

Girl Scouts  
NYPENN Pathways

*Sister to Sister Summit*  
*Find your Comfort Zone*



**For Girls in Grades 6- 8**

**Jefferson Community College**

**Saturday October 29, 2011**

**9:00 a.m. — 3:00 p.m.**



**Breaking through Barriers**

**AAUW Mission:**

To advance equity for women and girls through advocacy, education, philanthropy and research.



**girl scouts**  
NYPENN Pathways

**Girl Scouts Mission:**

Girl Scouting builds girls of courage, confidence and character, who make the world a better place.

## \*Chat Rooms\*

1. **Friendship 101** - Friends can make you laugh and feel accepted or sometimes can make you cry and feel stressed out. Take a look at and discuss what friendship means to you.
2. **Say It With Beads**- This workshop will provide a wide range of beads for you to make a bracelet or necklace. You will learn about focal points and color psychology as you create your project.
3. **Fun with Hula Hoops**- Aerobic fitness in a fun way with exciting music and dance moves. "Dress to move!"
4. **Real Beauty**- Are you comfortable in your own skin? Let's talk about body image, food, nutrition and media images of beauty.
5. **Girls Talk**- Join in a discussion of hot topics of the day.
6. **Getting Along: There's No App for That**- Conflict is a fact of life and, as advanced as technology is, we all need **people** skills to deal with other humans! In this activity-filled session, participants will learn about conflict and how to deal with it.
7. **Cyber Bullying**- During this one hour interactive session, we will discuss the "dark side" of social media. Through video coverage, interactive dialog and real-life situations you will come to better understand the role *you* play in this social world and how *you* can keep yourself safe. **Note:** Teen suicide is mentioned in this session.
8. **Money Matters**- Let's talk about money – earning and spending strategies; how to tell the difference between what you need and what you want; how to make a budget and the pitfalls of borrowing money.
9. **Just Desserts**- Do you like to work in the kitchen? Come learn a new recipe and make some delicious treats!
10. **Self-Protection**– Simple techniques to increase your street smarts and awareness.
11. **Animal Careers**- Love animals? Put that love to work. Discover what exciting careers are available working with or advocating for animals.
12. **Careers in Healthcare**- Have you considered making a difference in someone's life or helping others in a high paying career in healthcare? This session will give you an overview of different healthcare career paths and the steps you need to take now to land the career of your dreams.
13. **Careers in Technology** - Take *Girl Power* seriously in this session! Learn how you can enter the powerful career of electronics and technology while trying your hand at lighting up the world...
14. **Careers in Engineering**– Get a taste of what Engineers do to improve the lives of people. This session will have fun activities and Engineering topics such as robotics, NASA, and earthquakes, and do some forensic engineering.
15. **Safe Dating and Relationships**– What is a healthy relationship? What is an unhealthy relationship? How do you recognize the difference? What do you do if you need help? Get your answers at this interactive seminar.

## What is Sister to Sister?

A summit for & about girls

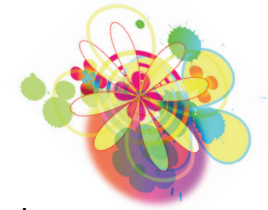
Summit Goals:

- To provide a forum for middle school girls to discuss and learn about issues important to them
- To give girls an opportunity to interact with other girls their age
- To allow girls an opportunity to express their opinions, thoughts and ideas



## \*Schedule of Events\*

9:00 ~ 9:30	Registration
9:30 ~ 9:40	Welcome
9:45 ~ 10:45	Chat Room 1
11:00 ~ 12:00	Chat Room 2
12:15 ~ 1:15	Lunch is provided
1:30 ~ 2:30	Chat Room 3
2:45 ~ 3:00	Wrap-up / Evaluations
3:00	Pick-up



Thank you to our sponsors for this event:

Jefferson Community College, M&T Bank, Northern New York Community Foundation, and United Way.



If you have any questions or need additional information, please feel free to contact: Karen Strife at 782-1890 x-2215 or by e-mail to Tracy Gyoerkoe at tgyoerkoe@gmail.com