



For the past six years, Girls Unlimited (GU), a program of The Peace Center, has been quietly changing the lives of Bucks County middle school girls. Girls Unlimited was created in response to information such as this:

According to the American Foundation for Suicide Prevention, for the first time in history, suicide has overtaken auto accidents as the leading cause of death among MIDDLE SCHOOL STUDENTS. According to the Girl Scout Research Institute, 75% of girls who watch reality television believe it is just part of being a woman to gossip, spread rumors, stab one another in the back, and fight for the attention of a man. And, according to the Rand Research Foundation, one-third of all teenage girls suffer from depression. Girls are three times more likely to feel depressed than their male peers.

Today's girls are in crisis and they need help. But how do you help when every day society teaches them that the path to happiness and success is through beauty? How do you help when social media makes bullying fast, easy, ubiquitous, and inescapable?

Girls Unlimited knows how to help:

- It helps by going into middle schools for five consecutive days to work with EVERY GIRL IN THE SEVENTH GRADE!
- It helps by dividing girls into small groups so we can create a safe, trusting environment where they can share their feelings, have those feelings validated, and learn they are not alone.
- It helps by role-modeling empathy, by building self-esteem, and by giving girls the tools they need to support themselves and each other as they follow their dreams.
- It helps by teaching them to resolve conflicts peacefully.
- It helps by empowering them to be their very best selves and to stand up for themselves and each other.

Girls Unlimited is an evidence-based program with research designed by leading authorities in the field of bullying. About 95% of girls who participate in the GU program report that their friendships improve. In addition, bullying and cyber-bullying decrease, resulting in a safer, more welcoming school climate.

To date, Girls Unlimited has touched the lives of nearly 8,000 girls. The feedback from the program is astonishing. Comments such as "I finally realize I am not alone," "Thank you for making me brave," and "It's great to realize that I am perfect just the way I am," are the norm rather than the exception.

Schools clamor for this climate-changing program, but many simply cannot afford to bring in this group of highly skilled professionals to deliver the five-day curriculum. To address this problem, Girls Unlimited is holding its first-ever fund-raiser, Cooking for a Cause.

Cooking for a Cause is about food and fun. The event will be held at Mrs. G's Appliance Store in Lawrenceville, NJ on Monday, May 7th from 6:00-8:30 pm. The event will feature several exceptional local chefs who will give cooking demonstrations and tastings in their five "live" kitchens. This will be a food and drink extravaganza!

For more information about the event or to make a reservation, go to www.thepeacecenter.org or call Lisa at 215-850-3867.

Together, let's give girls the tools they need to resolve conflicts peacefully, feel confidence in themselves and each other, and live lives of authenticity and kindness.

