

# You go, girls

## Camp gives new meaning to the term girl power

AINIE SMITH

Senior features editor

II - Move over, Spice Girls, girl power is coming to Haldimand-Brant this April.

A number of community agencies are teaming up to offer a Leadership, Independence, Responsibility, Self-esteem (L.I.R.S.E.) power camp for grade 8 girls from throughout the region.

Delhi District Secondary School

facilitators - Kassie

is, Carrie

Somerleigh

, Abby

and Mel-

an Heugten

planning a

program

is de-

signed to build

self-esteem and

confidence and

awareness

of issues such

as body image,

peer pressure and

bullying. They and

more than a dozen

facilitators will

be campers ac-

cepting strategies

to develop the critical

thinking skills necessary

for making informed

decisions.

When you look at the younger

girls, kids who don't have the

body they are often left out and

it really bothers me," said Van

Heugten.

She agreed, saying, "If you're not

left out or made fun of.

When you're overweight, people call

you fat."



TIES THAT BIND: DDSS teens (clockwise from centre) Somerleigh Leake

self-esteem," she said. "This camp is designed to help them learn how to get them grounded by taking the big step into Grade 8 and building up their self-esteem."

Self-esteem can be a fragile thing, she said. "The teens say positive reinforcement is as does meeting challenges."

"Other people say you know you're a person and really helps you feel," said Scheel.

people make that at be-

may come down."

Facilitators agree.

"Eating a complete meal can build up," said Scheel.

The camp is also designed to help the girls build up their self-esteem.

will make more confident.

"If you do one thing, you can do it," said Scheel.

Scheel says she will make a point to be friendly to any of the girls who attend DDSS.

Heugten concurs that it's important to see friendly faces at school, especially if students don't have friends there.

"When you walk down a hallway, one person you know can make a big difference," she said.

When you're overweight, people call you fat."

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