

ACT (Advocating Change Together) Program is a three-year, hands-on advocacy and community organizing project for high school girls. ACT focuses on the overall health and well being of teenage girls. This program provides young women the opportunity to find their voice and make sure it is heard.

The ACT program includes advocacy and leadership workshops and trainings, participant-led discussions, guest speakers, ongoing support from local policy mentors, and fieldtrips. The program concludes with the implementation of a community project that benefits girls and young women now and for years to come by addressing health disparities in Oakland and San Leandro. ACT meets two days a week.



As with all Girls Inc. programs, ACT takes a “whole girl” approach—inspiring girls to be strong, smart, and bold and most importantly, expanding their sense of what is possible for themselves and their communities.

Girls Inc. of Alameda County offers age-appropriate programs to girls ages 5-18. Girls are encouraged to join in kindergarten and continue through their completion of high school.

How Girls Inc. ACT is meeting girls’ needs and impacting their lives:

ACT participants learn how to speak up about health issues identified in Oakland and San Leandro. They learn how to be their own best advocates through training about public speaking and media literacy. They become civically engaged through local events and gain a better understanding of city and government processes.

Participants discuss and analyze health disparities in Oakland and San Leandro. They learn how to conduct interviews around these topics with other high school girls and members of the community to find out what resources exist, and what more needs to be done to help girls in their community. They then use this research to lay the foundation for their community project.



**Girls Incorporated®
of Alameda County**

Inspiring all girls to be
strong, smart, and boldSM

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The community project is the culmination of the program. Participants identify a health disparity in their community that they want to address. They identify key individuals and groups to work with in developing the project, present on their project at public events, and conduct meetings with public health officials, policy makers, school board members, city councils, and community leaders to ensure that the community is involved and that the project will have lasting impact, supporting girls in combating the specific health disparity.

How to join ACT:

ACT is implemented at Girls Inc. Concordia Park Center in Oakland and San Leandro High School. For more information contact the ACT Coordinator at (510) 357.5515 ext.289.



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