



GIRLS

Empowerment Network

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GIRLS SPARK CHANGE THROUGH ACTIVISM TO BECOME UNSTOPPABLE

NEW SPARK KIT DESIGNED BY GIRL EXPERTS FOR TWEENS AND TEENS INVITES GIRLS TO BECOME **UNSTOPPABLE ACTIVISTS** TO CREATE A MORE EQUITABLE AND JUST WORLD

Austin, Texas – February 8, 2021 – Girls Empowerment Network today announced its one-of-a-kind girl power [Spark Kit called **UNSTOPPABLE ACTIVIST**](#) especially for teen and tween girls to inspire them to effectively and confidently engage in their community.

Featuring a colorful journal and all the supplies for 25 hands-on activities, the **UNSTOPPABLE ACTIVIST** Spark Kit helps girls identify and live out their values to make the world a better place. Every page features prompts and activities that help her critically and creatively think of ways to engage with social justice issues. A sample of activities include:

- **Tree of Life** – Drawing their “Tree of Life,” girls reflect on how their experiences shape the activist they want to become.
- **The 5 Whys** – Girls question their “why” to discover why an issue is true, why it is happening and why it is important for them.
- **S.M.A.R.T. Demands** – Activating their critical thinking skills, girls learn how to be a powerful advocate for the changes they want to see in the world.
- **How a Bill Becomes Law** – Girls imagine themselves as a Texas legislator and confidently write about a bill they would like to have passed.
- **Radical Rest and Relaxation** – Girls create a relaxing rice and lavender sachet, using aromatherapy as a coping skill and learn the importance of self-care.

The boxes also include virtual access to girl experts and other girls their age through weekly group check-ins, workshops, and Spark Change Day. For the first time, a translated **UNSTOPPABLE ACTIVIST** Spark Kit journal will be available digitally in Spanish along with girl expert, Spanish-facilitated groups.

Girls Empowerment Network is a leader in [programs and services that increase self-efficacy in girls](#), their belief in their ability to succeed. Girl experts design experiences that develop girls' Six Cs – critical thinking, creativity, communication, coping skills, collaboration and confidence – and gives girls essential tools for their well-being. **UNSTOPPABLE ACTIVIST** is its fourth Spark Kit created in response to the COVID-19 pandemic, when the organization could not continue its in-person services for girls in Texas schools and communities. A May 2020 survey of families with school-age children revealed that families needed new, creative resources that helped girls cope with change.

"UNSTOPPABLE ACTIVIST will help girls develop a critical self-awareness, gain confidence in their ability to exercise leadership, and apply key decision-making skills to generating progress on real-world issues affecting their communities," says Vanessa Beltran, Mental Health Policy Fellow, at Girls Empowerment Network. "Girls' ability to speak up for themselves and communicate the change they wish to see will be strengthened through their engagement with this Spark Kit. Learning to advocate for themselves and their community is a practice to develop each girl's self-efficacy and promote good mental health, building resilience in the face of challenges girls confront in their daily lives."

[UNSTOPPABLE ACTIVIST Spark Kits are sold online](#) starting at \$35 plus tax with Spirit Squad Delivery available in Austin and Houston. See website for details. Deluxe Spark Kits are \$50 and include fast shipping plus a limited-edition Girls Empowerment Network water bottle and t-shirt while supplies last.

About Girls Empowerment Network - www.girlsempowermentnetwork.org

Girls Empowerment Network's mission is [to ignite the power in girls by teaching them the skills to thrive and believe in their ability to be unstoppable](#). Founded in 1996, Girls Empowerment Network envisions a world where all girls believe in their power. The organization is celebrating its 25th anniversary this year with an advocacy and activism theme.

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