



Potomac Valley Section National Council of Negro Women, Inc.

GIRLS RITES OF PASSAGE PROGRAM

The Girls Rites of Passage (GROP) program is the signature youth program of the Potomac Valley Section (PVS) of the National Council of Negro Women, Inc. (NCNW). In partnership with The People's Community Baptist Church (TPCBC), it is a program loosely based on an African tradition of preparing young people for the many transitions they will face as they move from adolescence into young adulthood.

In African and African American traditions, children are surrounded by elder members of their family and community who by nature of their social and historical circumstances are protective of their young members. They teach them appropriate behavior, and activities that mark certain transitions of life. Modeling from this tradition, the PVS Girls Rites of Passage program provides opportunities for young ladies to interact with other caring adults to get well-rounded and full educational experiences. In our program, we decided to reach out among children and their friends who are members of our churches and our neighborhoods. We act as the aunts, cousins, older siblings, and neighbors, similar to those we knew and encountered as we grew -- those adults who had tacit permission from our parents to correct and teach us at every opportunity they found appropriate.

The PVS Girls Rites of Passage program offers educational opportunities; mentoring; enrichment activities; and opportunities to serve others, get sage advice, and experience cultural enrichment through various workshops. By participating, the girls learn about their physical, spiritual, mental, financial, emotional, and social selves. They learn in a very supportive, friendly, educational, yet practical environment. As an example of one of the workshops, "Do You Have a Minute?" (Time Management), the facilitator encourages the young ladies to be good stewards of their time. She encourages them to consider their priorities and to investigate whether the time spent on activities matches their idea of what is most important to them. The result is that they learn to plan effectively and to be better organizers of their time. In addition to the workshops, the girls learn service and compassion through the many opportunities to volunteer.

The following is a summary of the typical workshops and activities for the program year:

<u>October:</u>	Workshop: Do You Have A Minute? Workshop: Communication	<u>February:</u>	Black History Program Rehearsals NCNW Sunday Tentative Presentation: Black History Program
<u>November:</u>	Game Night (virtual) Relationship Violence Serving Elders: Virtual Nursing Home Visit	<u>March:</u>	Introduction to Crossover Workshop: Of Sound Body and Mind Crossover Ceremony Rehearsal Etiquette/Healthy Cooking
<u>December:</u>	Workshop: Communication/Social Media Workshop: Beautiful Me Inside Where Are They Now	<u>April:</u>	Crossover Ceremony Rehearsals
<u>January</u>	Workshop: Beautiful Me Outside Workshop: Taking Care of the Female Body Black History Program Rehearsals Parents Only Session	<u>May:</u>	Crossover Ceremony Rehearsals Crossover

Each year, we are very pleased with the progress and commitment of our girls. We invite you to support the PVS Girls Rites of Passage Program. You are also welcome to attend both the Black History Program in February and the Crossover Ceremony in May. Observe for yourself the tremendous progress the girls make in their walk towards womanhood.

