TITUS 2 VIRTUOUS WOMAN INTERNATIONAL, INC.

Teen Girls’ Explosion Program (Ages 11-19)
(Development, Mentoring, and Coaching)
TEEN GIRLS’ EXPLOSION PROGRAM 11-19

The Reverend Dr. Irene Gilbert Perry, the Founder of T2VWII and the Teen Girl Program is an ordained minister, writer, and public speaker. Graduating with honors Summa Cum Laude, Dr. Perry completed the Master of Divinity and Doctor of Ministry degrees from the Howard University School of Divinity. Dr. Perry combines her spiritual, academic preparation, and experience to reach out to others to equip, teach, and nurture the needs of adolescents, youth, women, families, and the elderly. Energy, drive, and vision describe Dr. Perry’s ministry.

Mrs. Tracy Lynn Reid, T2VW Teen Girls’ Triad Area (north-central Greensboro, Winston-Salem, High Point region of North Carolina) Program Coordinator; Vocational Rehabilitation Counselor, Greensboro, NC; Adjunct Professor, North Carolina Agriculture and Technical State University, Greensboro, NC

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# Table of Contents

- About the Program ............................................. 4
- Program Design ................................................. 4
- Core Program Operations .................................... 5
- Change a Teen Girl’s Life and Future .................... 5
- Program Modules ................................................ 6-7
- Participant’s Contract ......................................... 8-10
Teen Girls’ Explosion Program Guide

“Sisters Helping Sisters”

“When a young person, even a gifted one, grows up without proximate living examples of what she may aspire to become—whether lawyer, scientist, artist, or leader in any realm—her goals remain abstract. Such models as appear in books or on the news, however inspiring or revered, are ultimately too remote to be real, let alone influential. But a role model in the flesh provides more than inspiration, and his or her very existence is confirmation of possibilities one may have every reason to doubt, saying. Yes, someone like me can do this.” -Justice Sonia Sotomayor

About the Program

T

2VWII Teen Girls’ Explosion Program is open to girls from all cultural, social, and economic walks of life. T2VW Teen Girls’ Explosion Program desires to reach as many young girls as possible who want to actively participate in their own lives. We invite girls who have parental support who want their daughter(s) to be committed, responsible, adventurous, and a blessing to themselves, their families, communities, and in the future, to the world.

T2VWII Teen Girls’ program is intended to provide forums and opportunities for young girls to express themselves in a positive manner, develop and nurture their originality and enthusiasm, teach them the value of commitment, life’s participation and service to others, and the importance of taking pride in themselves.

Even more, T2VWII Teen Girls’ Explosion Program gives opportunities for adult women and “golden girls” to participate, shape, and contribute to the hopes and dreams, and future successes of teen girls.

Program Design

T2VW Teen Girls’ Explosion Program is designed for girls ages 11-19 to strengthen and support their hopes and dreams for a bright future. The program is connected to the Titus 2 Virtuous Woman International Inc. adult program whose motto is “Sisters Helping Sisters” with the aim to develop in women a
spirit of connectedness, love, hope, friendship, and support instead of loneliness, hopelessness, misdirection, and jealousy.

Core Program Operations

The core program runs from September through May with specialty programs and events all year round. The program also has a sponsorship and partnership component that offers financial support and the possibility for an internship to girls who participate in the program on a regular basis.

Rev. Dr. Irene E. Gilbert Perry Phone: 919-604-0905, email: revdrirene@gmail.com.

Change a Teen Girl's Life and Future

For $50 per month you will help a young girl with access to life changing training, experiences, and networks which will change her life. Moreover, this gift will also include a self sufficiency stipend that will be provided to carefully chosen teen girls to support them with school supplies, lunch money, clothes, savings, tithes or charitable contributions, transportation, and more. Several program activities that will be offered are listed below:

Training and Workshops

- Career Planning
- Money Management
- Self Care
- Social Relationships
- Study Skills
- Goal Setting
- Conflict Resolution
- Hope, Love, and Charity

Activities

- Cultural Field Trips
- Team Building Activities
- Youth Conferences
- Community Service
- Speaking and Writing Contests
- Problem Solving/Analysis and more
**Program Modules**

<table>
<thead>
<tr>
<th>Month</th>
<th>Module</th>
<th>Title</th>
<th>Topics</th>
</tr>
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<tbody>
<tr>
<td>Sept</td>
<td>Module-1</td>
<td><strong>You Are Beautiful</strong></td>
<td>You are fearfully and wonderfully made: Build Self-Awareness, Self-Discovery, and Self-Esteem. See and Develop the Beauty Within, and more</td>
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<tr>
<td>Oct</td>
<td>Module-2</td>
<td><strong>The Message You Send</strong></td>
<td><strong>Self-Evaluation:</strong> Do You Want to Say About Yourself?  Presentation Style: Oral and Written Communications; Behavior: Attitudes, Actions and Responses; Awareness of Body Language, and more</td>
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<tr>
<td>Nov</td>
<td>Module-3</td>
<td><strong>Defining Your Gifts</strong></td>
<td><strong>Assessments of Your Gifts:</strong> Discovering Your Passion, Discovering Your Interests, Identifying and Developing Your Skills, Abilities, and Talents, and more</td>
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<tr>
<td>Dec</td>
<td>Module-4</td>
<td><strong>Being Your Best</strong></td>
<td><strong>Being Responsible:</strong> Being Committed, Being Persistent, Managing Your Emotions, Staying Motivated, Taking and Making Opportunities, Being Confident, Being Flexible, Being Collaborative, Practicing Good Judgment, Being Your Own Person, and more</td>
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<tr>
<td>Jan</td>
<td>Module-5</td>
<td><strong>Being Encouraged</strong></td>
<td><strong>Believing in Yourself:</strong> Never Giving Up, Overcoming Setbacks, Reacting to Conflict, developing a Positive Outlook, Developing Solutions, Understanding and Dealing with Criticism, and more</td>
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<tr>
<td>Feb</td>
<td>Module-6</td>
<td><strong>Claim Your Blessing</strong></td>
<td><strong>Being Positive:</strong> Reaching Out to Others, Connecting with Others, Learning Team Building, Communicating Well, Trusting Yourself, Understanding Personal Relationships, Understanding Budgets, Banking, and Investments, and more</td>
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“It is not enough to say to “tweens” and teens, what they should do, how they should act, and where they should go. It is the responsibility of all of us to ensure that while we live that we materially (e.g., significantly and essentially) participate in the lives of young ladies so that they will appreciate and understand that they are not alone, that others care for them and want them to be a blessing to themselves and others. To stand by and disapprove, ignore, or overlook our teen girls cannot be justified when our lives have been blessed by others. Paying it forward (helped by someone else) is the essence of the meaning of “Hope, Love and Charity.” —Rev. Dr. Irene Gilbert Perry.

Mar-Module-7  
*Life/Success Planning*

**Planning for Success**, Setting Goals and Visions, developing a Personal Toolkit, Learning Skills, Economic Literacy, Understanding Your Community, College Exploration and Preparation, Career Preparation and Leadership, Developing Your Brand, and more

Apr-Module-8  
*Dressing Well*

**Understanding Self** Self-Care, Grooming Routine, Color Coordination, Well-Fitting Clothes, Understated Elegance, Dressing for Occasions, Go with Confidence, and more

May-Module-9  
*Being Empowered and Being a Blessing*

**Executing Your Plan**, Staying the Course, Taking Ownership of Yourself, Being Fair to Yourself and Others, Helping Someone, Caring About People, Being Kind, Being Loving, making a Difference, Leaving a Legacy, and more
Titus 2 Teen Girls’ Explosion Program
Participant’s Contract for Girl Teen 11-19

All ‘tween” and teen girls accepted into the Titus 2 VWII Teen Girls’ Explosion Program are expected to participate 100% by attending all Teen Training Sessions once a month. Teen girls that are sponsored are required to attend all training sessions and at least two special events. All training sessions are to be held on the first Saturday of each month from September through May. Training sessions will be held at White Rock Baptist Church, 3400 Fayetteville Street, Durham, NC, 27707. As Titus 2 VWII Teen Girls’ Explosion Program expands, other church locations may be necessary to accommodate program participation. Titus 2 VWII Teen Girls’ Explosion Program leaders will work with teens and parents to provide a location convenient to all, but in most cases training sessions will be held at White Rock Baptist Church, 3400 Fayetteville Street, Durham, NC, 27707 from 9:00am-12:00pm unless otherwise indicated on the online calendar. Meetings begin promptly at 9:00am. Light refreshments will be served from 8:30am-8:55am.

Criteria for a teen girl’s participation in Titus 2 VW Teen Girls’ Explosion Program are that the teen and parent or guardian wants to comply with all the program rules and procedures. In addition, the teen must desire to develop skills, improve her life’s outlook, participate in all programs, and connect with other teen girls, mentors, coaches, and sponsors whose aim is to help provide an outstanding life experience for all participants.

This program is not for participants who do not want to fully participate or who are compelled to attend by their parents or guardian. It is intended that all participants have an enjoyable experience, and this is not possible when angry and disruptive participants who do not want to be in the program participate.

With this contract, please include a personal statement (if this is your first year with the Titus 2 VWII Teen Girls’ Explosion Program) about yourself and your interest in participating in Titus 2 VWII Teen Girls’ Explosion Program, along with a letter of recommendation.

All prospective participants must register online at Click “join us T2VWII Membership Application” at https://titus2vwoman-men.wildapricot.org/.

Participation Contracts are due before attending a Titus 2 VWII Teen Girls’ Explosion function. You may email the contract to Rev. Dr. Irene E. Perry at revdrirene@gmail.com or mail the contract to: T2VWII, 5448 Apex, Peakway, Apex, 27502, Attention: Dr. Irene Perry, phone: 919-604-0905 Visitors are always welcome.
For volunteers who sign up for an event, we ask that you attend the event and participate, arrive prepared and at the scheduled time. For any unforeseen reason that a volunteer must be absent, notify the program leader 48 hours before the event for the program leader to prepare, adjust food preparation, class size, classroom location, and/or field trip expectations with participants. Absences are subject to the approval by the program leaders.

Please Print Clearly

T2VW Teen Girl Member Printed Name: __________________________________________________________

T2VW Teen Girl Teen Member Signature: ______________________________________________________

T2VW Teen Girl Parent or Guardian Signature: ___________________________________________________

Mailing address: _____________________________________________________________________________

Email address: ______________________________________________________________________________

Shirt Size: Circle One: Small Medium-Large X-Large Other _________

Home phone: __________________________

Cell phone: __________________________

Email: ________________________________

School: __________________________ Grade: ________

Thank you and welcome to the T2VW Teen Girl Explosion Program!

Founder of Titus 2 VWI Programs: Rev. Dr. Irene E. Perry (email: revdrirene@gamail.com, phone: 919-604-3600)

Teen Girl Program Leader Phone Tracy L. Reid email: tracyreid626@gmail.com Phone: 336-202-7940

WAIVER: In consideration of the acceptance of this entry, I hereby waive and release Titus 2 Virtuous Woman International, Inc. (T2VWII) and T2VWII Program Leaders and other persons associated with this program of all responsibility and liability of any nature whatsoever as it concerns any/all injuries, sickness, or damages incurred from participation. By this enrollment of my teen girl in this program sponsored by T2VWII Program, I certify that I have disclosed to T2VWII Program any restrictions or conditions that may hinder my teen girl’s participation in this program. I certify that the above information is complete and accurate and with the understanding that any omissions or errors will result in exclusion or expulsion from this program. I certify that I
have full legal authority to sign this waiver and make it legally binding and enforceable.

I hereby give permission to the above three parties to use any participant provided profiles and pictures, videos, photographs taken by the Ti2VWII Program, their officers, employees or agents, of either me or my children, during participation in this program, class or event. I agree that such profiles, pictures, videos, photographs can be used in program documentation, brochures, on website advertisement, and any other form of media that advertises the program and shall be the property of T2VWII Program and I am not entitled to compensation of any kind for use of such photographs.

Parent/Guardian

Signature: ___________________________ Date: ______________________

Program Leader

Signature: ___________________________ Date: ______________________

Review and Acceptance

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