

# Girls Spark 2019 – A Unique Teen Conference

**When:** Saturday, April 6, 2019

**Where:** Delaware County Community College



**Mission:** To provide 1 day empowering conference where high school girls can learn about, collaborate on, take action, and feel safe talking about the unique set of social, physical and emotional challenges they face during their teen age years and brainstorm ways to combat those challenges.

**The Team:** A core leadership group of area high school girls, an adult steering committee of women mentors, and a charitable partner the Friends of the Delaware County Women's Commission, sponsors, speakers, marketing and logistics volunteers are working together to make this event a reality.

## Focus Topics-Breakout Sessions:

- ✓ Body Image & Self Confidence
- ✓ Mental Health (Anxiety & Depression)
- ✓ Sexual Harassment
- ✓ Street Smarts (Self Defense)
- ✓ Sexuality
- ✓ Transition to College/Life after High School

**Social Responsibility:** Proceeds from this event will be used to support scholarship opportunities for young women & girls in the region and a donation will be made to support the new Domestic Abuse safe house in Media PA. Follow us on Instagram at [girls.spark](#) Facebook at [girlsspark](#) For more information visit [www.girlsspark.com](http://www.girlsspark.com)

## Meet *Girls Spark* Founder, Julia Kasper: [girlsspark@gmail.com](mailto:girlsspark@gmail.com)

Junior at Penncrest High School, Media, PA, and am dedicated to making a positive difference in the lives of young women. I am a proud member of the National Honor Society, the World Language Honor Society and a 2017-2018 Penncrest Scholar Athlete.



Throughout my entire life I have watched my mom, a local business woman, attend various Women's conferences, networking events with speakers who inspired her on many topics ranging from parenting to sales, leadership, and to how to succeed in business. I looked, but found nothing similar that speaks to the issues teenage girls face!

I have met with different types of adversity over the past few years, and so have many of my friends. In fact, almost every girl in my age group is faced with some sort of social, physical or emotional pressure during their high school years, and has had to deal with it in different ways. Unfortunately, we often feel like we have to face these issues alone. My goal is to change that by spreading awareness and providing a forum for my fellow peers to share and discuss some of these topics.

I want to **IGNITE** awareness, **OVERCOME** adversity, and **INSPIRE** others to make a difference in young women's worlds...big or small!

*Julia*