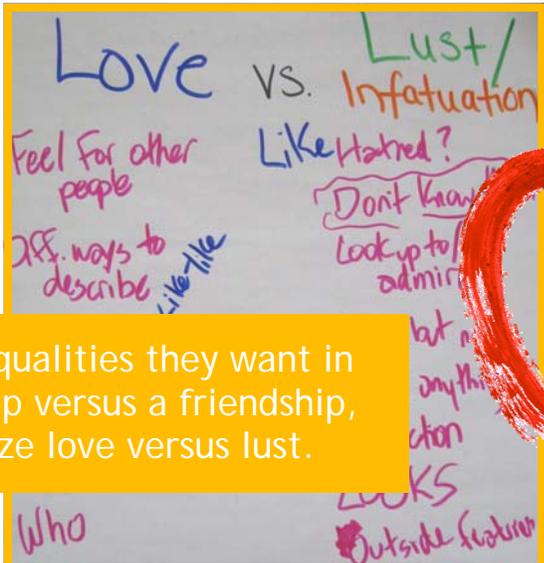






The participants learned about healthy and unhealthy relationships, body image, and self-esteem.



They discussed what qualities they want in a romantic relationship versus a friendship, and how to recognize love versus lust.



In another activity, the girls brainstormed words and concepts they associated with beauty and what they think beauty is.

Participants also learned new physical activities.



“Boot Camp”



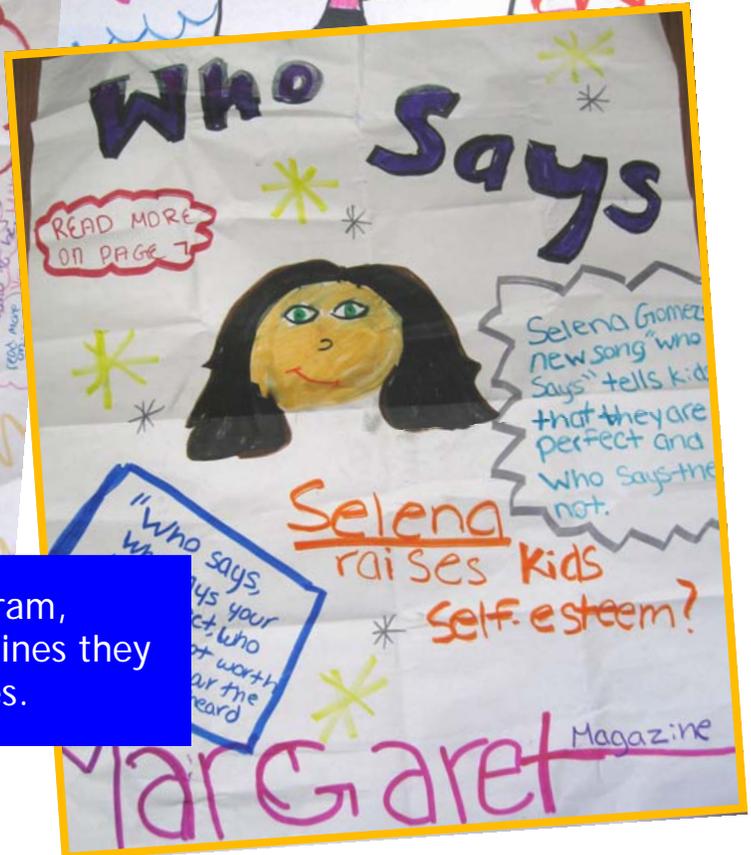
Self-Defense



Nautilus Equipment



Yoga



During the final day of the program, participants created covers of magazines they would like to see sold in stores.