

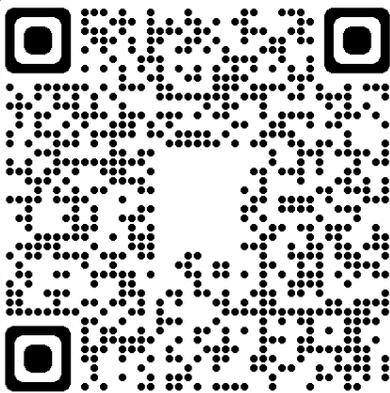
# Montgomery County Public Schools Girls' Summit

Please join us for the districtwide Girls' Summit on Saturday, March 9th from 9:00 a.m.—1:00 p.m. at Northwood High School. Students in 6th through 12th grades and caregivers (not a drop off!) are invited to multiple supportive sessions on topics including healthy relationships, healthy eating and body image, self-esteem, and more! This summit will empower girls and their caregivers through exposure to vital skills and information, networking, and fun activities. In addition to the supportive sessions, the day will end with a fashion show sponsored by White House Black Market celebrating diverse body types and focusing on strong female fashion!

Sessions will be provided in both English and Spanish and will be organized by grade level. Topics include:

- ◆ Healthy relationships/dating violence
- ◆ Social media use and mental health (including cyberbullying)
- ◆ Self-esteem
- ◆ Identifying symptoms of depression & anxiety
- ◆ Non-suicidal self-injury and suicide (how to get help)
- ◆ Healthy eating
- ◆ Body image
- ◆ Gardening therapy
- ◆ Music therapy
- ◆ Zumba
- ◆ Kaiser spin bikes
- ◆ Kaiser health screening & flu shots
- ◆ And much more!

RSVP Here: <http://tinyurl.com/222kpurn>



**Saturday, March 9, 2024**

**9:00 a.m.— 1:00 p.m.**

**Northwood High School  
919 University Blvd., West  
Silver Spring, MD 20901**

SSL Hours available for students  
Narcan training & distribution on site

