

## **'It's a Girl Thing' promotes good self-esteem in JR/SR High**

Written by Holyoke Enterprise

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Self-esteem and bullying are serious issues that affect the lives of many girls here and around the world. Holyoke FCCLA members Brenda Hernandez, Ana Olivas and Rubi Canales recently launched a project called "It's a Girl Thing!"

Guest speaker Jamie Utt was set to be at Holyoke JR/SR High Wednesday, Feb. 20 to speak with all the girls in grades 7-12. He is a professional speaker who focuses on presenting social issues to young people. Utt was born and raised in Colorado and has focused on stopping hate in public schools for many years.

The presentation will be followed with a "Girls' Night" all-night lock-in within the next couple of weeks for girls in grades 6-12.

Low self-esteem is a serious problem that will continue to affect people's lives negatively until young people are taught to value themselves. Throughout "It's a Girl Thing," FCCLA members are hoping to improve the atmosphere at Holyoke schools.

Low self-esteem is a thinking disorder where an individual believes he or she is unworthy, unloved or inadequate. Since statistically seven out of 10 girls believe they are not good enough, project members believe this program is essential. Since self-esteem can lead to many more issues, they are certain it is a serious threat to the girls in the community.

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