

Miss A·R·T

ACTIVATE • RESHAPE • TRANSFORM

Innovative program for teenage girls

We all want our teens to be happy, healthy and confident

BUT we currently have an epidemic of young women who are just not coping with the teenage years.

Far too many have low self-confidence and a negative perception of themselves and their lives.



- Nearly one in five girls aged 16 to 17 are suffering from depression
- Bullying is rife and girls who are victims in their school years are more likely to remain victims to life as they get older
- A quarter of our girls deliberately injure themselves
- Over half withdraw from life-engaging activities because of their appearance
- Almost 70% of 15 year old girls are on a diet and eating disorders represent the third most common chronic illness for young women
- Young people see mental health as a more important issue than the environment, education and employment.

The health, happiness and confidence of our next generation is vital.

We need to do something about it now!

The **Miss ART program** is based on the content of a program for women called ART Your Life - almost every woman who has participated has said 'I wish I had done a program like this when I was a teenager.'

Miss ART is an innovative platform to empower young people to be self-aware, self-assured and equipped with the tools to live a happy and effective life.

Building health, happiness and confidence in our young people is vital.

Because prevention is better than cure.

Resilience more effective than response.

Go to www.missart.com.au for more information or call Catie Kirke on 0411 383 761.

Do you know a young girl who lacks self confidence?

Would you be interested in helping us, to help her and many others to change their view of what is possible?

We need to unite to build a movement of change that empowers, resources and champions our youth.

The most recent group of 153, Miss A.R.T participants, aged between 13 – 19 years reported a:

- ✓ 40% increase in health
- ✓ 52% increase in happiness
- ✓ 63% increase in confidence.

The program works and to date we have run it for FREE for over 500 girls but we can no longer do this, as we have run out of resources and do not have funding.

Our next school holiday program, needs to be a user pays model and is \$470 per participant for the 5 days. Whilst we know that many families will be able to budget for this, we also know that there will be others who will not be able to do so.

To reach out to as many girls as possible we have established a **Miss ART Foundation Scholarship** and are seeking donations to fund or part fund a girl who without your help would not be able to participate.

Please help us to help as many girls as possible.

The benefits of us helping our next generation to be healthy, happy and confident are immeasurable - imagine the major shift and powerful impact this will have in our communities, our workplaces and within our homes.



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