

# Rebound

## STAGE Program

(Striving Toward Achieving  
Girl Empowerment)



There is a critical shortage of services in Sarnia-Lambton focused on helping adolescent girls deal with the growing social need of relational aggression. Staff in the STAGE program work with adolescent girls to help them learn valuable social and life skills to better manage their aggressive feelings and keep them out of the court system.

### How does the program work?

Trained staff work with small groups of young girls during each session. There are a number of lesson topics covered each session, including tackling messages in the media geared towards girls, self-esteem, building confidence, relational aggression, safety, bullying and cyber bullying.

The program runs for 10 weeks. Girls in the program meet for about two hours, one night a week over the course of the session.

### What behaviours does STAGE target?

Our police and court partners have determined that the rate of girls being charged with violent crime has increased twice as fast as that of boys. STAGE addresses the root causes and builds self-esteem and confidence, which would keep more girls out of court and more likely to stay in school.

All the latest research in this field shows that social programs directed at building self-esteem, relationship and life skills in adolescent girls is more likely to result in higher graduation rates and post-secondary enrollment.

SARNIA - LAMBTON



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Supporting Youth  
Strengthening Community

### How are referrals made?

The bulk of referrals come from police and court, but also are provided by parents, school, probation, other social service agencies and also through self-referral.

For more information on the program contact Sarnia-Lambton Rebound at 519-344-2841, by email at [program@reboundonline.com](mailto:program@reboundonline.com) or visit the website at [www.reboundonline.com](http://www.reboundonline.com).