



Girl Inspired 2025 Middle School Conference Fact Sheet

**The Girl Inspired Conference
Wednesday, May 28, 2025
American River College**

Girl Inspired is a dynamic wellness and leadership conference for SCUSD middle school girls and gender expansive students. This conference is a collaborative effort between SCUSD and many key community partners to address physical and social-emotional issues our middle school girls and gender expansive students are facing, specifically around the areas of healthy lifestyle choices, positive self-image, healthy friendships and relationships, and college and career readiness.

Educational opportunities provided at the conference include:

- Exposure to a college campus
- Broaden their horizons to opportunities and what higher education can provide them
- Motivate them to plan and set goals for themselves
- Leadership Development
- The opportunity to develop school wide campaigns and raise awareness about issues girls are facing on their campuses
- Opportunity to meet diverse groups of professional women from our region
- Light snacks and lunch
- A fun, exciting and youth empowering day!

Space is limited. For more information, please contact Aliya Holmes @ 916-643-7991 or Aliya-Holmes@scusd.edu.