



GIRLS IN ACTION SUMMIT

CONNECT | ENGAGE | ACT |  THE FUND
FOR WOMEN & GIRLS

GIRLS IN ACTION SUMMIT

RESOURCE

GUIDE

SPEAKERS



GIRLS IN ACTION

OUR KEYNOTE

LYNETTE MEDLEY

No More Secrets

Lynette Medley is the Founder and CEO of No More Secrets: Mind Body Spirit Inc. An expert in areas of gender justice, racial justice,



reproductive justice and menstrual justice, her passion lies in promoting inclusivity. Recently, Lynette and her daughter Nya opened The SPOT Period — the nation's first crowdfunded menstrual hub — in Philadelphia. Learn more about Lynette and No More Secrets at nomoresecretsmbs.org.

OUR MC

GABRIELLE HINES

Gabrielle Hines is a proud Coatesville native and Muhlenberg College graduate. She pursues theatre professionally in both Philadelphia and New York, and



serves as a teacher, and theatre and cheerleading coach, throughout Chester County.

LEARN



GIRLS IN
ACTION

OUR PARTNERS

ALIANZAS DE PHOENIXVILLE

alianzasdephoenixville.org

Alianzas strives for equity and the dignity of diverse communities regardless of their country of origin by providing services to the under resourced and by promoting intercultural exchanges to connect all individuals in the broader community.



THE GARAGE COMMUNITY AND YOUTH CENTER

garageyouthcenter.org

The Garage empowers youth in Kennett Square and Avon Grove communities to pursue their potential academically, relationally, and spiritually.



CHESTER COUNTY OIC

ccoic.org

Chester County Opportunities Industrialization Center is a non-profit community-based organization that meets the needs of economically disadvantaged individuals throughout the community.



PHILANTHROPY



GIRLS IN ACTION

WHAT IS PHILANTHROPY?

Philanthropy is a big word that means to give. It often refers to giving money, and can also include giving other things (volunteering your time, for example, or sharing a special skill).

The word itself is defined as a “love of humanity.” It’s a way to show kindness, to express what you care about in the world and the difference you want to make—and to do so with a gift of your money, time or talent.

A grant (or grantmaking, as it’s often called) is another word for a gift of money to an organization or individual doing good things. For instance, maybe you or your parents have donated money to a cause important to you.

Today, you will be meeting in your small groups to decide how you would like to grant out \$1,000 to the non-profits presenting to you today. The decision is completely in your hands as young philanthropists!

VOLUNTEER



**GIRLS IN
ACTION**

LOCAL ORGS

Coatesville Youth Initiative

@coatesvilleyouthinitiative

Garage Community and Youth Center

@garageyouthcenter

LCH Health and Community Services

@lchcommunityhealth

Mighty Writers

@mightywriters

Crime Victims' Center of Chester County

@crime_victims_center

Maternal and Child Health Consortium

@maternalchildhealth

Chester County Food Bank

@chestercountyfoodbank

SUPPORT



GIRLS IN
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LOCAL YOUNG ENTREPRENEURS

REECE TURNER

Reecies Soaps & Natural Products

ReeciesSoaps.com

Started in 2017 when founder Reece Turner suffered from eczema. She and her parents went on a quest to find all natural products, which led to Reece making her own soap. She decided she wanted to help others and share her newfound gift!



DANIELLE PASQUALE

Bun Wreaths by Danielle

[etsy.com/shop/](http://etsy.com/shop/BunWreathsByDanielle)

BunWreathsByDanielle

Danielle is a 15-year-old sophomore at Downingtown East. She started her business in 2019 as a school project and decided that for every bun wreath purchased, she would donate \$2 to the organization A Path to Hope.



SUPPORT

LOCAL YOUNG ENTREPRENEURS

BESS AND SOPHIA NEIBLUM

Knot the Usual Knot

knottheusualknot.etsy.com/, @knottheusualknot

Sisters Bess and Sophia have been making bracelets ever since they were kids. In 2016, they ran a booth at their local craft fair, which led to their Etsy shop KnotTheUsualKnot. The sisters sell waterproof, adjustable cord bracelets in many different styles.



ANNA NEIBLUM

@TightlyWound_ on Instagram

A college art student, Anna makes wire jewelry. She sells earrings, rings, necklaces, wall hangings and more on her Instagram page, @tightlywound_.

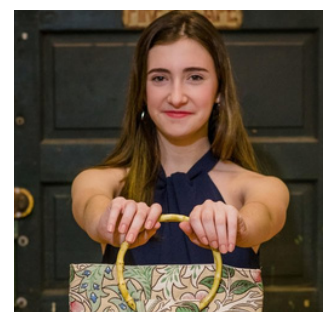


ANNA WELSH

Little Bags By Anna

[Littlebagsbyanna.com](https://littlebagsbyanna.com)

Anna makes handcrafted bags and purses from reclaimed fabrics. All proceeds go to meals and books for children.



SELF-CARE



**GIRLS IN
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MENTAL HEALTH



- Take breaks from watching, reading, or listening to news stories, including social media
- Remember to take deep breaths, stretch, or meditate
- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Make time to unwind - discover activities you enjoy
- Connect with friends and family members you trust about how you're feeling
- Visit the Disaster Distress Hotline at samhsa.gov/disaster-preparedness, call 1-800-985-5990, or text TalkWithUs to 66746

BE INSPIRED



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SOCIAL MEDIA



@womenundertheinfluence: celebrating women-directed films not well recognized

@RupiKaur: poet, feminist, artist, and more. Empowering poems and art

@UNWomen: gender equality and women empowerment, current events and empowering quotes

@GirlGaze: photography and films created by Gen Z women focused on underrepresented women

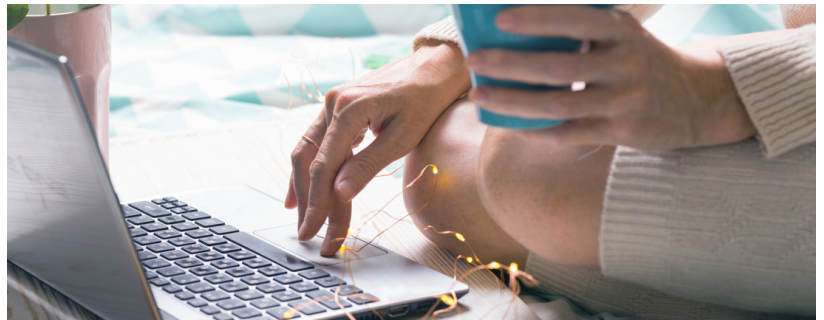
@FemaleCollective: self-love and inclusive quotes to lift you up and remind you to love yourself

BE INSPIRED



**GIRLS IN
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BLOGS/WEBSITES



nomoresecretsmbs.org
awesomelyluvvie.com
espnW.com
about-face.org
girlshealth.gov
youngwomenshealth.org
theskimm.com
leanin.org
huffingtonpost.com/section/women
amysmartgirls.com
makers.com

Lists are a compilation of suggestions from our speakers and partners. Inclusion does not mean that The Fund endorses them.

JAM OUT



GIRLS IN
ACTION

SUMMIT PLAYLIST



We put together a playlist of empowering anthems for your listening pleasure!

[Click to listen to the playlist on Spotify](#)

CONNECT



GIRLS IN
ACTION

EVENT SURVEY

We hope you enjoyed the Girls in Action Summit! To help improve this event for future years, please take our brief survey:

bit.ly/39VVey8

FOLLOW US



We hope you will all stay connected with us on social media! You can follow us on Instagram, Facebook or Twitter at the handle @thefundchesco.

