

## Girls in Crisis: GENaustin's Girls Now! Conference to the Rescue

*GENaustin announces its 2nd annual Girls Now! Conference, to be held Saturday, November 14th at The Ann Richards School for Young Women Leaders.*

Austin, TX ([Vocus/PRWEB](#)) November 11, 2009 -- The happiness and well being of girls is on the line. Media and celebrities, school pressures, adult expectations and the access of the internet have vastly changed the world of teen girls. They are feeling pressured, bullied and pushed in directions that are causing alarming trends. Statistics show that by the age of 13, 53% of girls are unhappy with their bodies and over half of teenage girls are on diets; 83% of girl's grades 8-11 have experienced sexual harassment in schools; 1 in 4 girls show symptoms of depression, a rate 50% higher than boys; over 60% of girls are drinking; over 40% of High School girls are having sex; and between 1980 and 2003 there was a 47% increase in female juvenile arrests for violent crimes. The crisis isn't just sweeping America; it's sweeping Texas too. Texas has the third highest teen birthrate in the nation, the first highest rate of second births to teen mothers. With such frightening numbers, something has to be done. Parents, educators and girls need tools to help them navigate the crisis. GENaustin is hoping to offer solutions at the 2nd annual [Girls Now! Conference](#) this Saturday, November 14th at The Ann Richards School for Young Women Leaders.

GENaustin's Girls Now! Conference, co-hosted by Latinitas and the Ann Richards School, is a one day event packed with expert speakers and dynamic, hands-on workshops designed to explore the issues of Bullying, Body Image and Being a Girl. Workshops will cover topics such as cyber bullying, self image, dating, diversity, media literacy, parent-daughter relationships and physical health and wellness. The featured Keynote Speaker is Alexis Jones, who is an expert on confidence, courage and accomplishment. At only 25 years old she has navigated the beauty industry as a teen model, survived reality TV as a top finalist on "Survivor: Fans vs. Favorites," earned a Masters in Communication from USC, and founded the empowerment company, "i am that girl", a leader in creating social change, global awareness, and female empowerment for Generation Y. The Conference will also host The American Gladiator champion Ally Davidson during the closing ceremonies.

The Girls Now! Conference will be held this Saturday, November 14, 2009, at The Ann Richards School for Young Women Leaders (2206 Prather Ln, Austin, TX 78704), from 8:00 AM – 5:00 PM. To register for the Conference visit [www.genaustin.org](http://www.genaustin.org)

\*References: Kaiser Family Foundation; Girls, Inc., 2006; American Association of University Women Educational Foundation, 2001; The Commonwealth Fund, 1997; Office of Juvenile Justice and Delinquency Prevention, 2006

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### About GENaustin

GENaustin (The Girls Empowerment Network of Austin) fosters healthy self-esteem in girls by engaging them to explore and define their personal values and build skills that empower them with confidence and courage to make wise choices. For more information about GENaustin, a 501(c)(3) non profit organization visit [www.genaustin.org](http://www.genaustin.org)

### About GENaustin's Girls NOW! Conference

The Conference is a one-day seminar, designed for girls grades 5-12, their parents and educators to explore the issues of Bullying, Body Image and Being a Girl through group presentations and hands-on interactive sessions led by nationally recognized experts that are designed to identify the problems and offer solutions. Visit [www.genaustin.org](http://www.genaustin.org).