

THE 2010 GALA OF STARDUST & MAGIC

# *Safe Places*

## *The 2010 Cinderella Princess Leadership Program*

For Young Women  
Ages Twelve through Seventeen

## *The 2010 Princess Nomination Packet*

*The 2010 Cinderella Princess  
Leadership Program*

For Young Women Ages 12-17

*The Cinderella Ball*  *November 6, 2010*

---

*Little Rock Embassy Suites*

### It's not about the Prince!

It's not even about a Fairy Godmother or a magic trick that turns a pumpkin into a carriage.  
It's about a young girl being faithful to her dreams and believing in herself.

At its heart, "Cinderella" is an orphan story. It's a story about a young girl who loses both of her parents, and as a result also loses her sense of safety and protection.

Yet Cinderella has her helpers. Like her, we sometimes feel alone,  
forgetting the allies that are available to us - friends, teachers, family.

In the story, someone magically appears to provide help at a time of great anxiety. In our stories, the "magic" may be a bit of wisdom from a friend, a piece of good advice from a family member, or a realization that we have within ourselves the wisdom to make healthy decisions for our lives.

The King invited *all* eligible maidens to the Ball,  
but only Cinderella reaches a dimension beyond her dreams.

In the end, she gets the prince, but it is not that the prince rescues her.  
She moves away from what she lacks to "all she can be."

The Cinderella Princess Leadership Program teaches young women about the kind of self-determination that leads to the realization of dreams.

# *The 2010 Cinderella Princess Leadership Program*

## A Leadership Program for Young Women Ages 12-17

I can slay my own dragons. I can dream my own dreams.  
My knight in shining armor is me.  
I don't wanna' be like Cinderella sittin' in a dark cold dusty cellar  
Waiting for somebody to come and set me free.  
I don't wanna' be like someone waiting for a handsome prince to come and save me  
Oh I will survive, unless somebody's by my side,  
Don't wanna depend on no one else. I'd rather rescue myself.

From "Cinderella" by The Cheetah Girls

### *The Cinderella Princess Leadership Program*

is a vital part of the Safe Places Gala ~

### *The Cinderella Ball.*

The program is designed to accomplish a number of important outcomes for young women and to enable them to gain knowledge, skills and confidence through various experiences including:

- \* Interpersonal and Communication Skills
- \* Self-Awareness, Self-Determination and Confidence, Personal Growth and Development
- \* Leadership among Peers and Adult Leaders and Mentoring and Teaching Younger Classmates and Friends
- \* Expanded Knowledge of Social Issues that Impact Children and Families
- \* Encouragement in Personal Involvement with Social Change and Community Development

Through her nomination in April, the summer community service hours, the Ball in November, and the year- end celebration in July, each Princess participant learns how to be an advocate for non-violence and for attitudes and behaviors that promote safe homes, safe schools and safe communities.

Princess participants are sponsored by their family, another individual, or a community business. Sponsorship is a tax deductible contribution to defray the cost of the Cinderella Princess Program and the year-long commitment by Safe Places staff to mentor them.

Princess Participants give back to the community through a minimum of 42 community service hours in their year of participation, most of which will be spent working with Safe Places programs throughout the Summer of 2010. Staff will provide a number of valuable social experiences, educational opportunities, and community service activities, including:

- \* A four-day retreat, July 7-10, 2010, from 9:00am until 3:00pm each day includes learning experiences, self-awareness activities, speakers from the community, and much more.
- \* Participating in educational sessions one day a week during the summer learning about:
  - Dating Violence
  - Family Violence
  - Child Abuse
  - Helping Peers Exposed to Violence
  - School and Community Violence
  - Bullying
  - Cyber-Stalking
  - Building Healthy Relationships
- \* Community service with the staff of Safe Places and the 2008 and 2009 Princesses leading violence prevention education groups for younger children.

The curriculum for preschoolers and young children that the Princesses will teach includes the following topics:

Hands are Not for Hitting  
Your Body Belongs to You  
Being Kind to Others  
Sharing  
Saying "Thank You"

How do you feel today?  
What makes you mad or afraid?  
"Who am I?" You can be anything you want to be  
Family - What Mommies/Daddies do Best  
What is your home like? What is your favorite room?

- \* A memorable July 20 Graduation Day and reception for parents with a special Governor's Proclamation of "The Cinderella Princess Empowerment Week 2010."
- \* The Cinderella Ball, where they will be presented on an exact venue that will be announced.
- \* Participating in an etiquette program in the summer of 2010.
- \* Enjoying a "Hair and Make-up Day" in the summer of 2010.
- \* Participating in a Violence Advocacy Day at the Arkansas State Capitol with the Safe Places professional staff in October of 2010.
- \* Serving as a "Welcome Delegate" during various Safe Places events.

The young women who serve as Princesses will participate in notable community service activities and acquire community service hours. They will also network with local civic leaders and other peer groups - this program is an excellent resume building tool.

In the future, former Princesses will serve in a leadership role, guiding the current year's Princesses through an enjoyable, educational and successful year by acting as role models. In addition, they will have an opportunity to chair some of the year's upcoming events.

For questions about the Princess Program, you may contact Angela McGraw at (501) 374-7233 or by email, [amcgraw@safeplaceslr.org](mailto:amcgraw@safeplaceslr.org)

## A Final Word

**One in four (26 percent) young women between the ages of 14 and 19 in the United States – or 3.2 million teenage girls – is infected with at least one of the most common sexually transmitted diseases.**

*(CDC, Mar. 12, 2008)*

**One in four girls will be sexually assaulted by the time she reaches her 18<sup>th</sup> birthday.**

*(National Victim Center)*

The final, and most important, word is that the Princess participants will learn that, although violence is a societal reality, and although many individuals are victimized in their lifetimes, they have inside of themselves the resilience, courage, and strength create their own personal safety.

As the song by The Cheetah Girls says:

"I can slay my own dragons. I can dream my own dreams.  
My knight in shining armor is me."

*The 2008 Inaugural Cinderella Princesses*



*The 2009 Cinderella Princesses  
and Princess Mentors*





## *The 2010 Cinderella Princess Program*

### **Guidelines for Princess Candidates & Parents/Guardians**

The Cinderella Princess Program proved in its first year, 2008, to be an extremely valuable experience for the Princesses who invested their time and interest in all the activities provided for them throughout the summer and fall. They had opportunities to visit with local professionals, dignitaries, and were invited for a visit with the Governor.

The 2008 and 2009 Princesses received a great deal of media attention and many of them were interviewed by local television stations. The 2010 Princesses will have an even greater visibility in the community and will be viewed as role models for their peers. They represent not only themselves, but also their families and their schools. They also represent Safe Places and the very important values of nonviolence, respectful relationships, self-respect, and respect for others.

This program is a long term commitment, as well as a financial investment for Princess families. The Princesses are expected to participate in all activities unless an emergency arises. This includes being willing to take the information learned back to their schools. The sponsorship fee of \$500 is often paid by families, and sometimes by businesses or other community organizations. Either way, it is a significant investment, particularly with the additional expense of a ball gown, shoes, accessories, and the cost of ball tickets for family members.

For these reasons, we expect that each Princess and her family will fully participate in every aspect of the Program and thus receive the full benefit of the many activities and experiences.

#### **Community Service Guidelines**

1. In June and July, Princesses will spend one day a week at Safe Places for six weeks. These educational days are scheduled from 9:00 am until 3 p.m.

Topics include orientation; Healthy Relationships; Nonviolence; How to Lead Groups for Young Children; and some of the topics and activities listed previously. Following a morning of training, they will go to various sites in the city with our staff to facilitate groups with the young children.

2. Parents are required to provide transportation to and from Safe Places.
3. There will be other Princess activities in addition to the educational/community service days. Some of the activities will be preparation for the Ball, and others will be just for fun.
4. Princesses may give more than the 42 hours of community service, and the Princess who documents the most community service hours will receive a special award at the Ball.
5. Princesses will be thoroughly prepared and comfortable in their facilitation roles before they are asked to teach children. They will not be pushed to "perform." Instead, they will be encouraged to enjoy their time with us, and to feel confident about the community service they are doing.

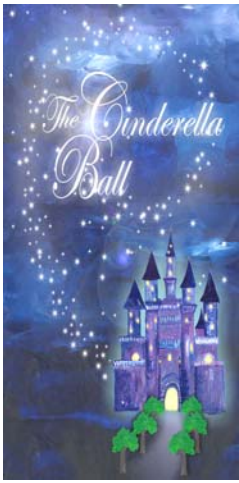
6. We encourage Princesses to plan to be present every week for the six educational weeks. We understand, however, that summer is usually vacation time for families. When necessary, Safe Places staff will work with the Princesses to make up the service and learning time for any days they are on vacation. In order to be presented at The Cinderella Ball, Princesses must have attended or made up the 42 educational/service hours.

### **Nomination Guidelines**

1. Princesses may be nominated by teachers, businesses, friends, family, Friends of Safe Places, including the staff, Coordinating Council, Ball Committee members, and community partners who work with Safe Places.
2. Princess Candidates must have recommendations from two adults. Forms are included in this packet. Persons who recommend Princess Candidates may be teachers, counselors, family friends, and other adults, but may NOT be immediate family members.
2. Twenty-four Princesses will be selected. They will be selected by the two Princess Committee Chairpersons, two prior Princess Alumni, and the Safe Places executive director based upon a completed application with parental permission to participate, a 500 word original essay, and a personal interview with the 2010 Princess candidate and a parent, guardian or other adult family member.

### **The Cinderella Ball Guidelines**

1. Princesses and their families will purchase their own ball gowns, shoes and other accessories. However, the Princess Committee will offer guidelines about the gowns that many include color, style, etc. More specific guidelines on formalwear will be provided later, but gowns must be tasteful and elegant.
2. The Princesses will be required to participate in the classes that prepare them for their presentation at the Ball; these may include poise, table etiquette, ballroom dancing.
3. Princesses will be our special guests at the Ball. Princess families and friends will receive an early invitation to the Ball to ensure that there are tickets available for purchase.



# The 2010 Cinderella Princess Nomination Form

Please submit this nomination form, your essay, recommendation forms from two adults, each in a sealed envelope, and the Sponsorship Agreement Form. *(All forms are included in this packet.)*

**IMPORTANT:** All forms must be received in the Safe Places Advocacy Center (1609 Broadway, Little Rock, AR) by May 1, 2010, at 4:00 pm. Candidates will receive notice of their application status on or before May 14, 2010.)

Cinderella Princess Nominee: \_\_\_\_\_  
(First) (Middle) (Last)

Age: \_\_\_\_\_ School Grade: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_ Graduation Year: \_\_\_\_\_

Home Address: \_\_\_\_\_  
(Street or PO Box) (City) (Zip Code)

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

T-Shirt Size: *(circle one)* Small Medium Large XLarge XXLarge

SPONSORED BY: \_\_\_\_\_  
(Parent, Guardian, Business or Other )

Sponsor Address: \_\_\_\_\_  
(Street or PO Box) (City) (Zip Code)

Sponsor Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Essay is attached.  Recommendation forms completed by two adults are enclosed.

## Cinderella Princess Family/Guardian Information:

Father's Name: \_\_\_\_\_  
(First) (Middle) (Last) (Suffix)

Mother's Name: \_\_\_\_\_  
(First) (Middle) (Last)

Guardian's Name: \_\_\_\_\_  
(First) (Middle) (Last)

**NOTE:** Please print all above information as you would like it to appear in our records, in the media announcements, and in The Cinderella Ball Program.

**SPONSORSHIP FEE:** \$500.00 (Tax Deductible Contribution)

# Cinderella Princess Candidate Essay

This year's Princess candidate essay is based upon the guidelines of National Peace Essay Contest from the United States Institute of Peace.



UNITED STATES INSTITUTE OF PEACE  
www.usip.org

## 2010 Topic: "Finding Peace"

The essay should explore ways in which individuals find peace in the midst of conflict, address various causes of conflict, and what can be done to discourage violence.

### Essay Guidelines:

1. Type your essay, double-spaced, on one side of white 8 1/2 by 11 inch paper with left and right margins set at 1 1/4 inches each.
2. Please put your name, address, and your school's name on page one of the essay.
3. Essays should be a maximum of 500 words for 12-13 year old candidates and 800 words for candidates over age 13. (800 words is approximately three double-spaced pages. *(Do not worry about how many pages you submit, just follow the general guidelines.)*)
4. Write the essay in English and specifically address the topic.
5. Number the pages of your essay.
6. Submit your essay with your Princess Program application completed by a parent/guardian.

### How Will Your Essay Be Reviewed?

Your essay will be reviewed based on the six criteria outlined below.

1. **Focus:** Examines how well your essay responds to the topic.
2. **Organization:** Looks at the structure of your essay and the strength of your content. Does the essay have an organized structure? An excellent essay has an introduction, a body and a conclusion.
3. **Analysis:** Considers how well your opinions and thoughts are stated.
4. **Conclusions:** Examines how well you conclude your essay.
5. **Originality:** Looks for creativity in writing. Does the writer use creativity and develop original ideas? In an excellent essay, the writer develops creative ideas and gives examples that relate to the topic.
6. **Style and Mechanics:** Examines how well the essay is written in terms of grammar, spelling, and punctuation. Is the essay well written? An excellent essay uses grammar, spelling, and punctuation, with no errors?

# Sponsorship Agreement Form

Sponsor may select one of the following payment terms:

**OPTION 1**

I prefer to fulfill the total CINDERELLA PRINCESS financial obligation at this time.

Total: \$500 enclosed

*(Refundable until May 14, 2010, if for any reason your candidate is not selected or decides not to participate in the program.)*

**OPTION 2**

I prefer to pay CINDERELLA PRINCESS fees in two payments:

\$250 – Due upon notification of Princess candidate acceptance

\$250 – May 14, 2010 *(The due date for the remaining balance is NOT negotiable.)*

Payment will be in the form of:

**Check** (payable to Safe Places)

**Credit Card** (circle one)      MasterCard      AMEX      VISA      Discover

**OPTION 1** (Total amount charged upon receipt of this form.)

**OPTION 2** (Credit card will be charged on the due dates above.)

Credit card number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

Name as it appears on the card (please print) \_\_\_\_\_

Sponsor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**\*IMPORTANT:** Parents/guardians must review this application packet in its entirety and give permission for their daughter to participate in The 2010 Cinderella Princess Program.

*My daughter \_\_\_\_\_ has permission to be considered for participation in the Safe Places 2010 Princess Program.*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please mail this form and appropriate payment to:**

Safe Places Business Office      2607 Lehigh Drive      Little Rock, AR 72204

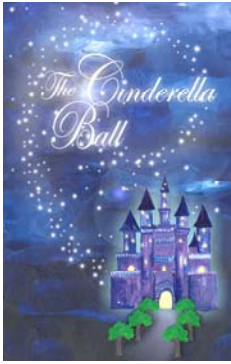
**For questions, please contact:**

Angela McGraw

Phone: 501-374-SAFE (7233)      Fax: 501-375-SAFE (7233)      E-mail: amcgraw@safeplaceslr.org

**Safe Places** works in the community to help children and families break the cycle of violence and abuse, through counseling, advocacy, support, and education. In so doing, we affirm the right of every child to safety, protection, and well-being, at home, at school, and in our neighborhoods.





# The 2010 Cinderella Princess Recommendation Form

Each Princess Candidate must submit two personal recommendations from an adult who knows them well. Adults writing recommendations may be teachers, counselors, family friends, but must NOT be in the candidate's immediate family.

Cinderella Princess Nominee: \_\_\_\_\_  
(First) (Middle) (Last)

Your Name: \_\_\_\_\_  
(First) (Middle) (Last)

Address: \_\_\_\_\_  
(Street or PO Box) (City) (Zip Code)

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

How do you know this applicant and how long have you known her? \_\_\_\_\_

\_\_\_\_\_

What leadership skills have you observed in the Princess nominee? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list some of her personal qualities. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

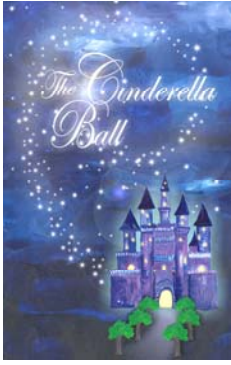
In what ways do you feel she will benefit from participating in the Princess Program?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Please return this form to the Princess Nominee, or the person who nominated her, so that it can be included in the Princess Nominee's application. Please put your recommendation in a sealed envelope.*



# The 2010 Cinderella Princess Recommendation Form

Each Princess Candidate must submit two personal recommendations from an adult who knows them well. Adults writing recommendations may be teachers, counselors, family friends, but must NOT be in the candidate's immediate family.

Cinderella Princess Nominee: \_\_\_\_\_  
(First) (Middle) (Last)

Your Name: \_\_\_\_\_  
(First) (Middle) (Last)

Address: \_\_\_\_\_  
(Street or PO Box) (City) (Zip Code)

Home Phone: \_\_\_\_\_ Other Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

How do you know this applicant and how long have you known her? \_\_\_\_\_

\_\_\_\_\_

What leadership skills have you observed in the Princess nominee? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please list some of her personal qualities. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

In what ways do you feel she will benefit from participating in the Princess Program?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Please return this form to the Princess Nominee, or the person who nominated her, so that it can be included in the Princess Nominee's application. Please put your recommendation in a sealed envelope.*