Soroptimist Model Program Kits: Summary List

About Soroptimist Model Program Kits

As a Soroptimist, balancing community volunteer work with busy business schedules can often be difficult. To minimize research and development time needed to establish and maintain Soroptimist club projects, SIA headquarters has developed a series of model program kits addressing issues facing today’s women and girls. Model program kits are designed to provide guidance in planning and implementing projects by offering club members project ideas with proven methods and resources for achieving success. There are currently nine model program kits available that address the following issues: health, violence against women, sex trafficking, mentoring and one-day projects. All model program kits can be found in the Resources for Local Club Projects section of the members’ area of the Soroptimist website.

Listed below is a brief description of each Soroptimist model program kit:

Designing a Club Mentoring Program for Girls

Mentoring is important because it gives girls the chance to spend time with caring and supportive women who are genuinely interested in their success. More influential than genes, positive mentoring in a girl’s life will greatly determine whether or not she will be successful in life and reach her full potential. This model program kit provides clubs with ideas for becoming a mentor for girls in their community. The kit provides step-by-step instructions on how to start and maintain mentoring programs for girls, including information on assessing community resources, recruiting girls to participate, matching mentors and mentees and dealing with potential problems should they arise.

Girl Power: A Soroptimist Girl Conference Model Program Kit

While all children are vulnerable and deserve basic human rights, girls start life with a unique disadvantage – gender inequality – the consequences of which are vast. Girls need supportive environments where they can express themselves freely, develop their voice and values and experiment with their leadership identities. Research has repeatedly shown that all-girl learning environments are the most effective way to support girls’ growth and empowerment. This model program kit provides Soroptimist members with information about planning and implementing a girl conference aimed at empowering adolescent girls. The kit provides step-by-step instructions for the preliminary planning of the conference as well as suggestions for designing the conference’s agenda and curriculum. It also includes handouts for use in the conference.
Domestic Violence Shelters: Beginning a Life without Violence

One of every three women on the planet has been beaten, raped or somehow mistreated and about 70 percent of female murder victims are killed by their male partners. To help eliminate violence against women and offer support for victims, this model program kit was developed to assist clubs in addressing the problem of domestic violence at the community level. This kit includes general information about domestic violence, a history of domestic violence shelters and international responses to violence against women. In addition, it offers examples of ways that clubs can support a domestic violence shelter, including providing basic necessities, remodeling rooms and conducting a mentoring program for shelter clients.

Violence against Women and Girls Action Projects

Members of Soroptimist are committed to ending violence against women and girls and supporting its victims. In an effort to continue the commitment, this model program kit was developed to assist Soroptimist clubs in reaching these goals. This model program kit was created for clubs in communities that do not have women’s shelters or other well-developed violence intervention or prevention services. In addition to presenting general information on violence against women and international responses, it also provides information on creating a community-based strategy that targets victims, society and institutions.

Sex Trafficking: Assisting Victims and Advocating for Change

The United Nations Office on Drugs and Crime estimates that 2.5 million people in 137 nations are currently held in positions of slavery. The United Nations estimates the total market value of such exploitation to be $32 billion, and about $10 billion from the initial sale of individuals. Poor women and girls comprise the majority (79 percent) of the international slave population. Lured into foreign countries by fraudulent job offers, sold by their families or kidnapped by traffickers, most of these women are forced to work in the commercial sex industry. This model program kit defines trafficking and slavery and explains how and why women are trafficked; presents information about trafficking in each SIA country; supplies information about national and international laws that pertain to the trafficking of women; provides information on launching national and international advocacy campaigns for better trafficking laws and stronger employment; explains how to set up and maintain a victims support network of experts to assist women who have been trafficked; and contains an extensive international resource list.

Women and Heart Health

Cardiovascular disease (CVD) is the number one cause of death in women worldwide, causing 8.6 million deaths annually. In the United States, heart disease and stroke cause nearly twice as many deaths for women than those caused by all cancers combined, including breast cancer. However, heart disease continues to be categorized as a “man’s disease” and is often misdiagnosed or overlooked in women. Heart disease presents itself differently in women than men and often needs different types of treatment, but only 24 percent of participants in all heart-related studies are women. This model program kit identifies risk factors and symptoms; provides information about prevention and treatment option; and provides instruction for organizing educational workshops and free heart health screenings.
Early Detection of Breast Cancer

Around the world, over 1.1 million cases of breast cancer are diagnosed each year. This figure represents 10 percent of all diagnosed cancers and 23 percent of cancers diagnosed in women. Although incidence rates vary by race and geographic origin, a clear pattern exists with regards to income level. Specifically, poor women around the world are far more likely to have advanced and incurable cancer upon diagnosis, and therefore are more likely to die from the disease. The late-stage diagnosis common among low-income women has been attributed to a number of factors, arguably the most important of which are a lack of breast health awareness and limited access to early detection procedures and affordable health insurance. This model program kit offers information about breast cancer including who gets it and why; explains early detection procedures highlighting the importance of mammography, breast self-examination and clinical breast exams; and describes a club project that helps low-income and uninsured women gain access to mammograms.

Soroptimist Teen Dating Violence Awareness Campaign: Because Teens Have the Right to be in Safe and Healthy Relationships

Teenagers frequently form their first romantic relationship without a clear understanding of what constitutes a healthy versus an unhealthy relationship. As a result, they are particularly vulnerable to becoming targets of dating abuse. Fifty-seven percent of teens know someone who has been verbally, physically, or sexually abusive in a dating relationship. Moreover, females ages 16 to 24 are more vulnerable to intimate partner violence than any other age group. Although the patterns and signs of teen dating violence tend to mirror those exhibited in adult abusive relationships, there are some unique issues that teens face. This model program kit examines those unique issues as they relate to the factors that influence teen dating violence, as well as the consequences thereof. The kit also provides detailed information for conducting awareness raising projects targeting teens, parents, school personnel and community members at-large.

Soroptimist Teen Dating Violence Awareness Day

This model program kit is a mini-version of the Soroptimist Teen Dating Violence Awareness Campaign model program. This mini-version focuses exclusively on a one-day awareness-raising project. The Soroptimist Teen Dating Violence Awareness Day is designed to be implemented at any community location where teens congregate, such as shopping malls, movie theaters, teen centers, school events, dances, sports events, music events or community festivals or fairs.

Soroptimist One-Day Club Projects: Ideas for improving the lives of women and girls

People everywhere, including Soroptimists, are strapped for time. Women are busy juggling the demands of their jobs and personal lives. They may want to volunteer but only periodically or for a short-term project.

Conducting a Soroptimist one-day club project can be a great way to help women and girls and also provide volunteer opportunities for women in the community—including prospective new members. In addition, a one-day club project can also serve to raise awareness about Soroptimist. This mini model-program kit provides ideas for conducting one-day projects on topics such as teen dating violence, trafficking, domestic violence and women’s health, among others.