



Contact: Ruth Knight
Telephone: (07) 5522 8835
Mobile: 0412 526 264
Email: admin@lifeshouse.org.au
Website: www.lifeshouse.org.au/gwap

11th February 2009

Press Release

'Girls With A Purpose' Reverses the Trend *Cosima De Vito (Australian Idol) gives girls inspiration*

The latest national survey of young Australians found that the top three issues of concern nationally were body image, family conflict and coping with stress (*National Survey of Young Australians 2007, Mission Australia*). A program for girls called **Girls With A Purpose** believes it can help change these worrying trends.

Lifeshouse Project, a Gold Coast charity, knows only too well that adolescence can be a difficult and even frightening time for many girls, which is why they are launching their successful program "**Girls With A Purpose**" nation-wide.

Seventeen-year old Tara Youngberry agrees it's a tough gig for teenagers today, especially girls, "*Girls don't know how to be themselves. They can end up following the wrong people, get into trouble with drugs or even fall pregnant*".

Tara signed up for the Girls With A Purpose program and loved it. "*Most girls today think that if you don't fit or don't want to fit in, then you're uncool. Girls With A Purpose shows you that uncool is when you're not being yourself.*" Tara also noticed the impact it had on other girls in the program, "*One of my friends just changed so much, she felt better about herself and learnt to accept herself and others.*"

Program author and President of Lifeshouse Project, Ruth Knight says, "*Girls today have many worries, it's time to talk with them about these life issues, and help girls make good choices in the areas of body image and relationships.*"

Successful singer and former Australian Idol contestant, **Cosima De Vito**, supports Girls With A Purpose and wants to see schools all over Australia offer the program. "*If a program like this existed when I was young I would have definitely enrolled. The ten week course helps to develop self worth, build friendships and purpose in young women. It's time to enjoy the best years of your life!*"

Youth workers also endorse the program and are witnessing its positive impact in the lives of the girls they work with. Kim Scott, a Youth Support Coordinator in Biloela, Queensland says, "*Facilitating 'Girls with a Purpose' has been a great and rewarding experience. I believe this program should be offered to all girls from 12 to 16 years. It is very empowering to believe that your dreams can come true, and that we all have a purpose and destiny in life.*"

The program was developed by Lifeshouse Project Inc., a community organisation on the Gold Coast working with young women at-risk between the ages of 13-18 years.

ENDS

The program can be ordered from www.lifeshouse.org.au/gwap

For more information or a full **Media Kit**, please contact:

Ruth Knight, Lifeshouse Project President, 0412 526 264, or admin@lifeshouse.org.au.

For Cosima De Vito contact Shane Tyler Greaves 07 3036 5218 or 0410 172 224