

## About Jodi Shilling

### Television Appearances:

*That's So Raven* — recurring role of Tiffany  
*I Did Not Know That* — series regular, TV Land  
*Laughs 4 Life* — Comedy Central  
*Looking At Me* — Fox Family  
*All My Children* — ABC



### Film Appearances:

*Raven's Makeover Madness*  
*Wreck the Halls* with Mickey Rooney  
*The Man in the Silo* with Ernie Hudson  
*A New Tomorrow* with Orlando Jones

### From Jodi Shilling To Oklahoma Girls

"I work with tween and teen age girls a lot. I see a real lack of self-esteem and not enough appreciation for their individuality and uniqueness. Girls that age see a lot of flaws in themselves. I try to show them that what they see is a flaw, is really their own uniqueness that makes them different from everybody else. I encourage girls to find their individuality and be courageous in it."



## About Lauren Nelson

A native of Lawton and UCO student, Lauren Nelson was crowned Miss America in 2007. At age 19, she was the youngest contestant to become Miss Oklahoma.

As Miss America, Lauren's platform issue was "Be NetSmart—Protecting Kids Online." Her work with this issue continues today, and she can be seen in television commercials with John Walsh, host of America's Most Wanted, promoting parents to be aware of their child's Internet experiences, and to assist in the apprehension of potential child predators.

## What Girls and Moms Need Most

Moving into the tween and teen years seems to affect how girls think and feel. That happy little 9-year-old with lots of ideas has turned into a moody 10 or 11-year-old with an attitude, and family members don't know what to do! Girls in Oklahoma have a higher risk of giving birth as a teenager, suffering from childhood obesity, living with a smoker, and dropping out of high school.

This tween & teen conference will address issues important to girls and their moms, including:

**Self-Esteem**  
**Girl/Parent Communications**  
**Teen Pregnancy**  
**Health & Wellness Education**  
**Healthy Body Image**  
**Breast Cancer Education/Breast Health**  
**Establishing Boundaries**  
**Connecting Values with Behavior**  
**Navigating Your Parents' Divorce**  
**What Happens When My Child Gets in Trouble**  
**Emotional, Social and Physical Development**

### Tween Conference Sponsors Include:

Integris Health, Susan G. Koman Foundation, Tyler Media, Excellence in Fashion, Party Galaxy, Monterey Decorations, CDC Office of Women's Health

Girl Scouts-Western Oklahoma, Inc.  
121 NE 50th  
Oklahoma City, OK 73104



Girl Scouts.

[www.gswestok.org](http://www.gswestok.org)  
800-698-0022



Nov. 7-8, 2008

*Presented by Girl Scouts-  
Western Oklahoma, Inc.*

*Balancing Mind, Body &  
Spirit Through Wellness &  
Arts Education*

**UCO Campus  
Edmond, OK**  
**\$20 per person before  
Sept. 30**  
*(\$25 Oct. 1 and later)*

*Open To All Oklahoma Girls  
(age 10-17) & Moms*



**Girl Scouts.**

# Tween & Teen Conference Registration Form

We are excited that you want to be part of our statewide conference for tweens, teens and moms/guardians. Please complete this registration form and return with your check, money order, or credit card information.

**Registration Deadline: Oct. 23**

**You can also register and pay online at [www.gswestok.org](http://www.gswestok.org)**

All Participants Names (include age, city, and Girl Scout membership status of child attending. If you are bringing a troop, please attach a separate sheet with the appropriate information):

\_\_\_\_\_ age \_\_\_\_\_ city \_\_\_\_\_

Girl Scout Member:  Yes  No

\_\_\_\_\_ age \_\_\_\_\_ city \_\_\_\_\_

Girl Scout Member:  Yes  No

\_\_\_\_\_ age \_\_\_\_\_ city \_\_\_\_\_

Girl Scout Member:  Yes  No

\_\_\_\_\_ age \_\_\_\_\_ city \_\_\_\_\_

Girl Scout Member:  Yes  No

Adult Chaperone Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Signature: \_\_\_\_\_

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

◇ **Yes, we will be attending the Friday night event.**

*Please note any special needs required:*

Limited scholarships available for those who need assistance. For scholarship forms, go to [www.gswestok.org](http://www.gswestok.org) or call 800-698-0022 or 405-528-3535.

Credit Card (circle one):

**VISA**                      **MasterCard**                      **Discover**

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

I am paying a conference fee of **\$20 per person if registration postmarked by Sept. 30, \$25 on or after Oct. 1.**

\_\_\_\_\_ participant(s) = \$ \_\_\_\_\_

(Breakfast & Lunch included on Saturday.)

**Make check payable & mail with this form to:**

Tween & Teen Conference  
c/o Girl Scouts-Western Oklahoma  
121 NE 50<sup>th</sup>  
Oklahoma City, OK 73105

Or register online at:  
[www.gswestok.org](http://www.gswestok.org)

# Hotel Information

The Conference will be held at the UCO Nigh University Center, 100 N. University Drive, Edmond, OK. Find out more about UCO! Go to: [www.ucok.edu](http://www.ucok.edu)

**Hotels near the UCO Campus:**

**Fairfield Inn and Suites, Edmond**  
(405) 341-4818, [www.marriott.com](http://www.marriott.com)

**Best Western Edmond**  
(405) 216-0300, [www.bestwestern.com](http://www.bestwestern.com)

**Holiday Inn Express Suites, Edmond**  
(405)844-3700, [www.holidayinnexpress.com](http://www.holidayinnexpress.com)

**Hampton Inn, Edmond**  
(405) 844-3037, [www.hamptoninn.com](http://www.hamptoninn.com)

## Conference Schedule

### Friday

7-10 p.m. — Dance with DJ, Dessert, Fashion Show, Keynote autographs (please note on form if attending.)

### Saturday

8-8:55 a.m. — Registration & Breakfast

9-10 a.m. — Welcome and Keynote Speaker Actress

### Jodi Shilling

10-11 a.m. — Breakout Session #1 (of your choice)

11:15 a.m-noon — Breakout Session #2 (of your choice)

Noon-1:30 p.m. — Lunch and Keynote Speaker

### Lauren Nelson, Miss America 2007

1:45-2:30 p.m. — Breakout Session #3 (of your choice)

2:45-3:30 p.m. — Breakout Session #4 (of your choice)

3:43-4:45 p.m. — Panel Discussion, Evaluations, Prize Drawings

**Visit the website for a complete overview of each breakout session!**

*Please select your top 4 session choices & return with form:*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_