

# Inspiration

As Germundson reflected on the shift in middle school girls from being brave, bold young ladies too concerned about what the other girls thought, she watched the TED talk "Brave, Not Perfect" by Reshma Saujani. Germundson explains, "She speaks to how socialization has us raising our boys to be brave and girls to be perfect. It fits with what I see in ninth grade girls. They're afraid to be themselves, worried about how other girls respond. It gets in the way of exploring their true passions."

It was Germundson's final "aha" moment. What if our 10-year-old girls continued to feel brave and empowered and didn't need to wait 25 years for the aha moment?

If she could get young girls to the woods, away from pressure, back

to what they're supposed to be, perhaps she could bring out their inner beauty and strengths. She could let them flex those courage muscles.

Germundson and school social worker, Nancy Underferth, have created a place where girls from fifth to 12th grade can discover their inner beauty and empower themselves to be bold.

Two years ago, the first BOLD summer camp had 14 campers. Last year, 13 returned. Germundson shares, "Almost everyone wants to come back and asks if they can bring a friend. I'm so glad I can say, OK!" They learn about self-care and how to survive mental health issues so many kids face in high school. "When girls support girls, wonderful things happen."



Organizers of BOLD Girls Camp: Nancy Underferth, Stacy Germundson and Courtney Kroska. Photo submitted.

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