

THIS GIRLS *Story*™

Because Girls Have Important Things to Say

Media Packet

BECAUSE GIRLS HAVE...

This Girls Story™ a non-profit organization, is a quarterly girl-led magazine that showcases contributions from all who identify as girls, ages 13-19, surrounding a designated theme for each issue.

ESTABLISHED: 2021
HEADQUARTERS: Wheaton, Illinois
BY: Beth Tomas
MISSION: To provide a creative platform where teen girls can express themselves, gain publishing experience, and build confidence.
FREQUENCY: Published quarterly
ISSUES: June 2022 Theme: It's Your Voice, Use it!
September 2022 Theme: Be PROUD of Who YOU ARE!
December 2022 Theme: HOME: Where Is That and What Does It Mean?
FORMAT: Digital only. \$25/year. Hosted on calameo.com
CONTENT: Stories, essays, poetry, drawings, comics, photographs, and in the near future, videos, as well as audio.
EDITORIAL TEAM: Currently seven girls, ages 16 to 19 guided by Beth and community mentors



...IMPORTANT THINGS TO SAY

BOARD OF DIRECTORS:

- Board President: *Mairgreg “Meg” Mahoney* - College Counselor and owner of The College Doula
- Board Treasurer: *Karen Pearl* - Women’s Health Nurse
- Board Secretary: *Karen Carlson* - Relaxation Expert and owner of Be Well and Renew
- Board Member: *Anita Gajula* - College Counselor, Collegewise
- Board Member: *Debra Bobinsky* - Retired High School English/ELL Teacher
- Board Member: *Karen Zeller* - International Travel at Girl Scouts Greater Chicago Northwest Indiana Council
- Board Member: *Tara Batemon* - Educator, Podcaster, owner of Teens Biz Talk
- Board Member: *Tricia Dunn* - Home Education Specialist, ACT Prep Instructor, owner of Sunraise Academy

MENTORS:

Alison Ver Halen, Content Marketer, SEO Strategist, Author and Professional Speaker, owner of AV Writing Services

Megan Holly, Branding Photographer, Visual/Mindset Strategist, owner of Little Powerhouse Branding

THIS GIRLS STORY:

www.thisgirlsstory.org

CONTACT

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SOCIAL MEDIA



FACEBOOK: <https://www.facebook.com/profile.php?id=100072388269487>

INSTAGRAM: <https://www.instagram.com/thisgirlsstorymagazine/>

LINKEDIN: <https://www.linkedin.com/company/this-girls-story/>

PRESS RELEASE

Former Girl Scout Leader Launches “This Girl’s Story” to Benefit Teen Girls

(Chicago, IL) (12/15/2022) – This Girl’s Story (TGS), a colorful, quarterly, girl-led digital literary magazine for anyone who identifies as a girl, age 13-19, is now launched and taking subscriptions. This Girl’s Story contains vetted submissions of stories, essays, poetry, drawings, comics, photographs from teen girls around the country and is assembled by a nationwide virtual team of teen girls.

“The motto for TGS is “because girls have important things to say” and that is exactly why girls choose to participate in the project,” said Beth Tomas, a former girl scout leader and freelance graphic designer. “Girls are interested in telling their story and expressing their thoughts on social events. TGS gives them a higher, valid platform over social media or their school paper in which to do it.”

The first issue was published in June 2022 and assembled by an editorial staff of nine girls who gathered over Zoom. The girls received valuable, intern-level professional experience with active mentoring from volunteer experts in communications and publishing. The theme of the first issue was, “It’s Your Voice, Use It!” and represented the work of girls from nine states: Illinois, Texas, Rhode Island, Virginia, New York, New Jersey, California, Connecticut, and Massachusetts. The sleek, visually appealing, 30-page issue contains impressively mature artwork, poignant poems of self-expression, and perceptive essays on such important topics as Why do Girls Oversexualize Themselves? and Gender Inequality in Professional Sports. The fall issue dropped in September 2022 with the theme of “Identity,” and featured the publication’s first overseas contributor from Bangladesh.

The idea for the magazine was planted years ago as Tomas raised her two daughters and was involved as a leader with Girl Scouts of the USA near her home in suburban Chicago. Tomas decided to fulfill her vision and create This Girl’s Story, despite the emotional and financial obstacles that stood in her way. Now she is in the process of making the dream reality, all in the midst of many recent, tumultuous life-

altering events. “People closest to encouraged me to make my dream a reality,” she said. Tomas had no doubt that she could assemble a group of girls to help. “In my experience I’ve found that if you step out of the way, girls will amaze you. I want the readers of TGS to experience that too.”

The team is now taking submissions for the spring 2023 issue, which is due out in March 2023. The theme is Women’s HerSTORY, What’s YOUR Story? The deadline is February 12. Subscriptions to This Girl’s Story are available for \$25 a year and can be ordered at thisgirlsstory.org. The publication is also in need of more participation from community volunteers, mentors and teen editorial staff. Get involved, or visit the website at thisgirlsstory.org.

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About This Girl’s Story

This Girls Story (TGS), is a 501(c)(3) non-profit organization and quarterly, girl-led magazine with a mission to provide a creative platform where teen girls can express themselves, gain publishing experience, and build confidence. TGS showcases contributions from all who identify as girls, ages 13-19, surrounding a designated theme for each issue. Contributions can include stories, essays, poetry, drawings, comics, photographs, and videos. The publication is available for a subscription of \$25 a year through the website, thisgirlsstory.org.

PRESS LINKS

The Amazing TGS Editorial Team: January 8, 2023

In an Instagram live, Beth talks about the amazing work the editorial team does to produce This Girls Story magazine.

Instagram:

<https://www.instagram.com/tv/CnLVhhXDYmc/?igshid=YmMyMTA2M2Y=>

Moms4Moms Vendor Events, NFP: November 21, 2022

Presents This Girls Story, with a check for \$900 from 2022 Holiday Hoopla Silent Auction.

Facebook:

<https://www.facebook.com/Moms4MomsVendorEvents/photos/a.405390656970720/1259072321602545>

Instagram:

<https://www.instagram.com/p/CIRNRLaLSmn/?igshid=YzdkMWQ2MWU=>

Voyage Minnesota:

November 17, 2022

Conversations with Beth Tomas (Part of Inspiring Stories Series)

Online publication:

<https://voyageminnesota.com/interview/conversations-with-beth-tomas/>

Teens Biz Talk Podcast:

October 29, 2022

Let's Hear Your Voice!

YouTube:

<https://youtu.be/0o9lqOqag-0>

Instagram:

<https://tmbatemon.podbean.com/e/let-s-hear-your-voice-23/>

This Girls Story Blog

August 11, 2022 - present

Weekly blog by Editorial Team members

This Girls Story Blog:

<https://www.thisgirlsstory.org/2022/08/11/an-introduction/>

Alive! Center Presentaion

July 26, 2022

Presenting This Girls Story to Teens at Drop-In Center in Naperville, IL

Facebook:

https://m.facebook.com/story.php?story_fbid=pfbid02kuqp3kZga5Mz2BhtoFvxA9YGfhmFtvafRpiPVwx5ibd7tq2yHj6vrpzeu6xd6rt4l&id=100072388269487&mibextid=Nif5oz

LinkedIn:

<https://www.linkedin.com/feed/update/urn:li:activity:6958944585876221952>

Your Teen Magazine

July 12, 2022

Lessons Learned While Working With Girls

Facebook:

<https://www.facebook.com/YourTeen/videos/1677495245950736>

YouTube:

<https://youtu.be/koSpDhxrIQQ>

Twitter:

<https://twitter.com/YourTeenMag/status/1546864553249480704?cxt=HHwWglChwbLHyPcqAAAA>

Instagram:

<https://www.instagram.com/p/Cf697EONPeN/>

Youth Makers Market:

June 11, 2022

Getting the Word Out About This Girls Story

Facebook:

https://m.facebook.com/story.php?story_fbid=pfbid0CigHhxm3fm1GFGfdHZwbU8eNMgoPveuDuSCGncy4ojWFM73tz7ZW4nxR9qCSprJ1l&id=101004855030394&mibextid=Nif5oz

Live with the Editorial Team!:

May 7, 2022

Facebook live where editorial team members talk about the upcoming deadline for content submission in the first issue of This Girls Story magazine.

Facebook:

<https://www.facebook.com/100072388269487/videos/5151511394914874>

How to Submit Art Content:

May 7, 2022

Video outlining guidelines for submitting art content to be considered for publication.

Facebook:

<https://www.facebook.com/100072388269487/videos/316778577076351>

STORY ANGLES

Inclusion in a Girl's Magazine

This Girls Story magazine is inclusive in the broadest terms—anyone identifying as a female is welcome to submit stories or work on the editorial team. Founder Beth Tomas is personally supportive of the LGTBQ community as she is the mother of 2 adult children who are LGBTQ. TGS accepts submissions from trans women and those assigned male at birth with a female perspective. The magazine provides a platform for creatives where their perspectives can be heard and respected.

Amazing Teens and Their Projects

What happens when a group of nine teen girls from around the country get together? They create a magazine! The success and formulation of This Girls Story as a national publication with a virtual, teenage team is an intriguing case study. Working together, the girls grew closer as colleagues and in dedication to their mission, they even developed and presented an online writing workshop for teen girls in July 2022. Is there anything teenage girls can't do?

Overcoming Adversity to Follow Your Dream

The story of how TGS came to be is both sad and inspiring. Graphic designer and former girl scout leader Beth Tomas had been tossing around the idea for a girl-led magazine for years. Just as Beth was ready to launch a speaking campaign for investors, her beloved husband, Antero, unexpectedly suffered a stroke and left her a widow in September of 2021. A few months later, Beth was diagnosed with breast cancer. She received surgery and treatment and is currently in remission. Through it all, her loving, supportive family encouraged her to continue pursuing her dream of a magazine launch. The story of Beth's intrepid entrepreneurial journey and her persistence and optimism in the face of adversity shows how pursuing a dream can help you heal and rise from the ashes of your grief.

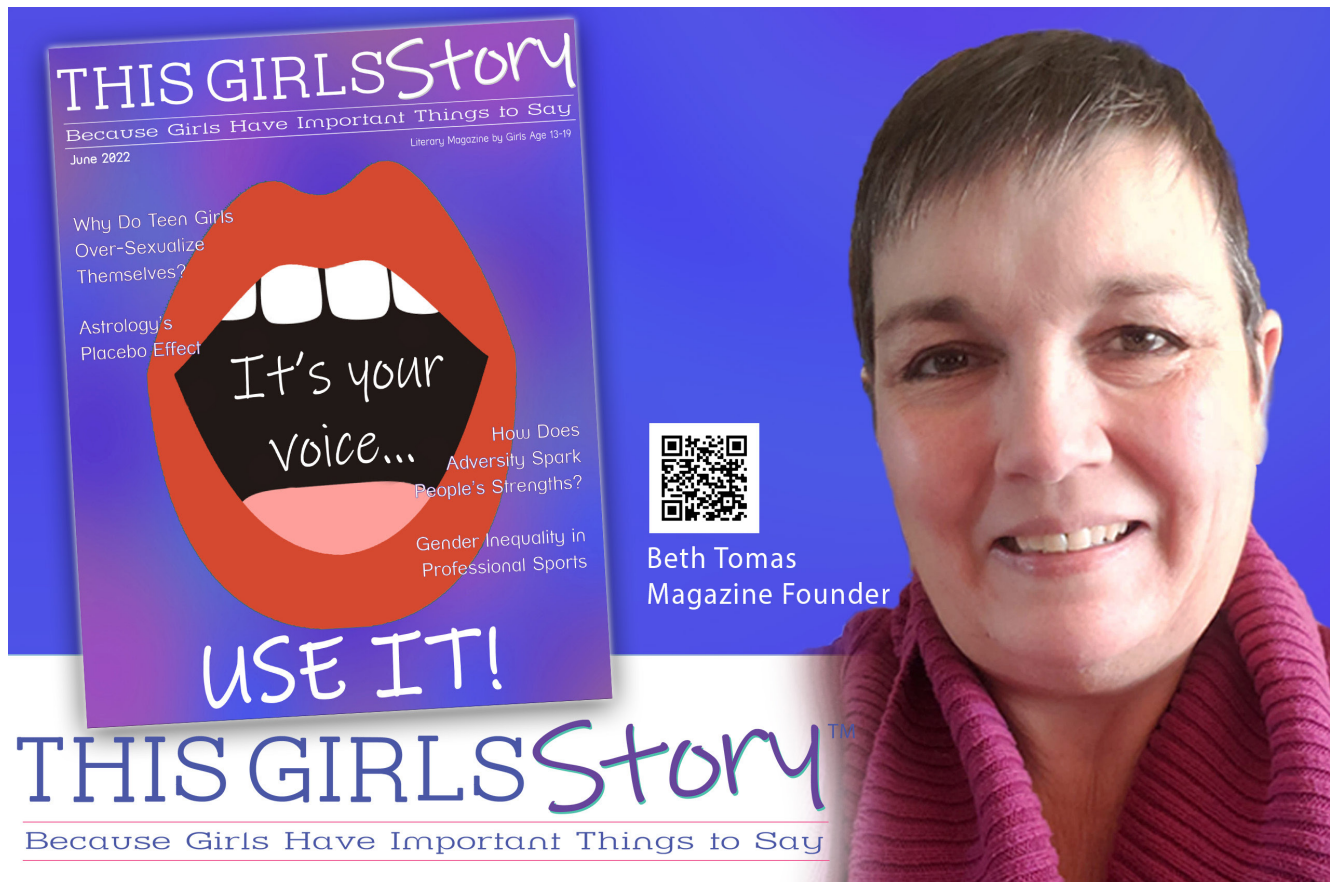
Mentoring the Next Generation

Beth Tomas understands the needs of the next generation of girls. She is a talented mentor to them and recruits and trains other mentors who work with the editorial staff of TGS. She can speak authoritatively on teen girls today, what is on their mind, and the type of mentoring they most need most as they prepare themselves for future careers.

The Benefits of Internships

Teenagers have lots of opportunities competing for their time, from travel sports to the video games in their basement. Non-profits like TGS give teens the rare opportunity to receive valuable experience in communication, including social media, writing, and editing. How do these opportunities prepare teens for the next step in life? Beth can comment on how working at TGS has had a positive impact on the lives of the girls involved and why they remain devoted to their mission.

BIOGRAPHY OF BETH TOMAS



Beth Tomas is passionate about nurturing young women to live up to their full potential. With the launch of TGS, she achieved a long-time dream, all in the midst of being freshly widowed and navigating through a breast cancer diagnosis, surgery, and treatment.

Beth founded the organization, This Girls Story, in March of 2022. This Girls Story (TGS) is a digital, girl-led magazine that showcases content contributions from all who identify as girls, ages 13-19, surrounding a designated theme for each quarterly issue. TGS boasts an editorial team made up of teen girls from all over the country. The editorial team meets weekly, via Zoom, to produce the magazine. With the mission

to provide a platform where teen girls can express themselves, gain publishing experience and build confidence, TGS published their inaugural issue in June of 2022, around the foundational theme of “It’s Your Voice...Use It.”

Beth believes that when girls develop their voice, writing about it or expressing it in another art form, they build the skills they need to become strong, articulate leaders – now, and in the future.

Beth is the mother of two adult daughters, Vashti and Valleri (Val). She has spent most of her career and free time working with girls and teens, including ten years as a Girl Scout Leader. When not working with the magazine, Beth can be found playing in her vegetable garden, elbow deep in a crochet project, walking around her neighborhood, walking through a local forest preserve, wandering through the fictional world of a good novel – or any combination of the above.