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**MIDDLE SCHOOL GIRLS   
CLAIM THEIR SUPERPOWERS AGAINST BULLYING   
AT THE JNP PROJECT INNER-AWESOME FACTORY**

ANNAPOLIS, MD (November 4, 2015) The JNP Project knows that for many kids, middle school is no picnic. Academic achievement challenges and emotional issues on top of pop culture and social media message bombardment—telling them what they should look like and how to act—can overwhelm 6th, 7th, and 8th graders. Grasping for a sense of power, kids may become perpetrators, recipients, or bystanders of bullying, which, researchers say, is highest in middle school. How can kids find a different, healthy way to strengthen their self-esteem? How about discovering and choosing to use their *inner*-awesome superpowers—just like the Girls Breaking Boundaries students from Bates Middle School in Annapolis, who are choosing to ignite their courage, character, and confidence by visiting The JNP Project’s Inner-Awesome Factory on Friday, November 6.

Thanks to previous visits to Girls Breaking Boundaries by Dona Rudderow, founder and CEO of The Annapolis-based The JNP (Jane NOT Plain) Project ([www.theJNPproject.com](http://www.theJNPproject.com)), many of the GBB girls have already met Jane, Jake, and Oracle (Jane’s extraordinary pet goldfish), the main characters of [*Jane & Jake’s Adventures to Awesome*](http://thejnpproject.com/all-about-jnp-overview/jnp-books-series-is-all-positive-features-overview/)*,* JNP’s new illustrated chapter book series offering adventures in awesome truth, kindness, harmony, forgiveness, giving, love, determination, compassion, and strength. Girls Breaking Boundaries members said: “I learned that being yourself is your design—no one can change your mind about anything that you want to be in your life. And, being inner awesome is something in your heart that will stay there until the day you die”; “What I learned is how to be truthful to not only yourself, but everybody else. What I liked is how in the book, Jane and Jake became a team”; “I am learning to have pride in myself.”

During their upcoming visit to JNP, the middle school group will continue reading about Jane & Jake’s adventures as the characters face challenges to earn their Pearls of Awesome Power. The GBB girls will also receive a sneak-peak preview of one of the upcoming books and work on activities that connect the JNP stories with their lives and bullying prevention.

Girls Breaking Boundaries is excited about seeing how and where JNP’s inner-awesome books are created. Megan Zimmerman, M.A., Grade 7 Language Arts Teacher, and founder/director of GBB, revealed: “When [Dona] shared, ‘I AM. I CAN. I WILLTM., normally reserved girls shouted and jumped from their seats to share words to describe themselves, like “confident,” “intelligent,” and simply, “me!” The JNP Project encouraged these quiet girls to be comfortable in their own skin and share their inner awesome with others. The girls can’t wait to discover more about their inner-awesome superpowers through Jake and Jane’s adventures—it is positively empowering, they have said.”

**About The JNP Project** (Jane NOT Plain®)

[The JNP Project](http://thejnpproject.com/) is a global movement to nurture character, courage, and confidence in children 5-12+, while helping them discover and make optimal choices from their inner awesome (self-esteem). Developed by a team of international writers and educational and behavioral experts for all kids and for all parents, grandparents, educators, homeschoolers, and counselors, the Project’s content and interactive resource tools are founded upon an illustrated adventure book series: *Jane & Jake’s Adventures to Awesome*[*.  2015 Holiday Gift Giving Campaign: Give the Gift of Self-Esteem to Kids—It’s the only gift kids really want…or need.*](http://thejnpproject.com/2015-gift-kids-self-esteem/)

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