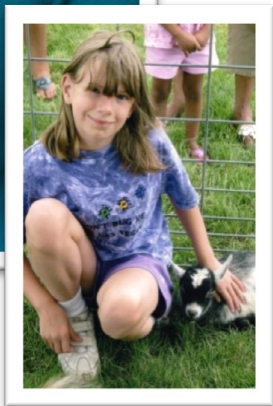


**Ashley Moore**

Raytown, Missouri



## **Mind Over Matter**

Ashley Moore has been a Girl Scout for 12 years as a member of Troop 1721 in Service Unit 640. She is currently a freshman at Metropolitan Community College.

Ashley's Gold Award project, Mind Over Matter, addressed teen self-harm and informed parents and teens on the warning signs of self-harm and how they can get help. Ashley worked with EMT Dave McGee of the Gladstone Fire Department and Word of Grace Fellowship to host this informative and interactive event. The team also created a video presentation that was posted to YouTube in the hopes of reaching a larger audience and making a greater impact.

Ashley conquered her own fear of public speaking to shed light on this issue in hope to rid the negative stigma which implies that self-harm should not be talked about. Ashley helped start a dialog between parents and teens on self-harm and the resources available to help.

**Because of Girl Scouts, I know that I have the potential to do anything if I work hard enough. I know that I have the ability to lead and address others with confidence.**