

WOW

YOUTH GUIDANCE

WOW IN DALLAS



WOW was launched in 2011

After its success in Chicago and a careful mutual selection process with Dallas Independent School District, WOW launched in Dallas in Fall 2021, serving six schools.

WOW is a two-year school-based curriculum, delivered through 26 weekly group lessons,

implemented for 7th-12th grade girls and young women, living with high-risk for exposure to trauma.

WOW Counselors deliver the weekly curriculum

in a designated classroom, inside the school, during the school-day, in a WOW room that is considered a safe space – free from stigma and judgement.

WOW group lessons

include 10-12 young people and each Youth Specialist has a case-load of roughly 55 young people, per-school.



Impact Across All Regions



62% of WOW students experienced fewer PTSD symptoms



71% of WOW students experienced fewer depression symptoms



96% of WOW students reported that the program has helped them make better decisions for themselves



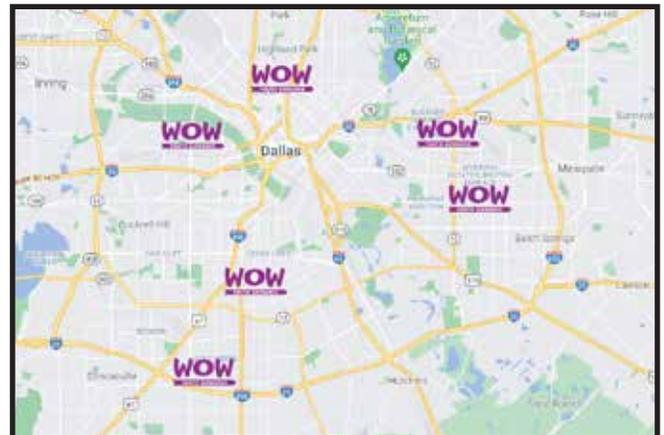
6 High Schools served



630 students expected to served

7 out of 10

young women in WOW have clinically significant symptoms of PTSD, anxiety and/or depression



Program Structure

Group lessons address the social isolation that many girls experience during adolescence. They are given the opportunity to hear from other girls going through similar experiences, while in the circle, many instantly feel a sense of relief. It also gives girls a chance to have positive, caring adults give them guidance and support. The WOW program mainly consists of 50-minute group lessons that meet on-site during the school day once per week. The program runs throughout the academic year. The WOW curriculum is informed by Cognitive-Behavioral Therapy, Acceptance Commitment Therapy, and Narrative Therapy.



*Student Story

"By the age of 9, I had moved 11 times. My Dad was forced to move us to Chicago when the judge ruled that my Mom couldn't take care of us any longer due to her poor health. Chicago was cold and loud. Most days it was hard to find the motivation to go to school.

“ I was so depressed and felt alone. ”

This was one of the worst times in my life. I didn't have a mother. I didn't know how to brush my hair. The kids at school would tease me so I started to act out. I was failing every class. One day when I was getting into trouble in the hallway, I met my counselor who introduced me to the WOW program. I found a safe space where I could talk with my peers about issues at school and home. I felt safe and no longer alone. My counselor became a mother figure to me. She helped me with school dances, my hair, and providing me with the female influence that I needed. By my junior year, I started taking school seriously. My WOW counselor made me realize that there is more in life than high school and my neighborhood. That it's possible for me to do anything. The circle saved me. If it wasn't for the WOW program, I wouldn't have graduated from college. I am now a preschool teacher, happily married and looking forward to earning my master's degree."
**Name nor photo used to protect confidentiality*

WORKING ON WOMANHOOD CORE VALUES



Self-Awareness

*I have power.
I know who I am.
I accept who I am.
I inspire other to become who they want to be.*



Emotional Intelligence

*I am resilient.
I recognize and use all of my emotions.
I respond in healthy ways to other's emotions.*



Healthy Relationships

*I respect myself and others.
I maintain healthy boundaries in my relationships.
I communicate my needs and wants.
I advocate for myself.*



Leadership

*I am a leader.
I set goals.
I am accountable.
I seek mentors to show me the way.
I take a role in improving my community.*



Visionary Goal-Setting

*I have goals.
I am motivated.
I overcome barriers.
I work on my goals every day.*