WOW YOUTH GUIDANCE Impact

BOSTON

Working On Womanhood (WOW) works to improve social-emotional competencies for young women in 6th-12th grade exposed to traumatic stressors in high risk and under-resourced communities.

THE CHALLENGE

7 out of 10 young women in WOW have clinically significant symptoms of PTSD, anxiety and/or depression

THE IMPACT

62% of WOW scholars experienced fewer PTSD symptoms*

71% of WOW scholars experienced fewer depression symptoms*

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

*of those starting in the clinical range
These numbers are from the University of Chicago's RCT

"IT WAS AMAZING TO HAVE SOMEONE TO TALK TO AND WE HAD DEEP CONVERSATIONS THAT I COULD SAY TO HER THAT OTHERS DIDN'T UNDERSTAND - BLACK WOMAN TO BLACK WOMAN, SHE COULD UNDERSTAND WHAT I'M SAYING."

—WOW SCHOLAR

SCHOLAR STORY

Growing up, Angie always considered herself a pushover – including sometimes with her family. She would let people do whatever they wanted even if she didn't feel good about the decision. She was quiet and shy and scared to share her emotions because people would often cry and people would label her as "the emotional one". "If you have a roof over your head and food in your belly," she was told, "you can't be sad". When she started high school, she struggled with heavy depression and would lash out in anger or sadness to others who didn't deserve it. An art teacher suggested she join WOW and she did – mostly, she admits, because she didn't want to go to class anymore. But what she found was a space that brought girls of all different backgrounds together `but girls that also had similar experiences. Now, she shares that, "Standing on what you say feels really important to me. I'm learning that no is okay to say, even if it's to family or friends". This fall, she will be going to the Massachusetts College of Art and Design and spending the summer finishing the children's book she's authoring.

YOUTH GUIDANCE
GUIDING KIDS TO BRIGHT FUTURES

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