The Working On Womanhood program empowers young women to own their narrative and become advocates for the world they want to live in.

**WHY WOW WORKS**

<table>
<thead>
<tr>
<th>IT'S AN EVIDENCED-BASED PROGRAM</th>
<th>IT TARGETS YOUNG WOMEN WITH SIGNIFICANT RISK FACTORS</th>
<th>IT DELIVERS ON OUR MISSION</th>
</tr>
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<tbody>
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<td>that is backed up by a Randomized Controlled Trial (RCT) conducted by the University of Chicago’s Urban Labs.</td>
<td>to exposure to traumatic stressors in high risk and under-resourced communities.</td>
<td>of “meeting scholars where they are,” by providing ongoing basic, social-emotional, and mental health supports to our scholars.</td>
</tr>
</tbody>
</table>

**HOW WOW WORKS**

- WOW is a two year school-based curriculum, delivered through 39 weekly group counseling lessons.
- Circles are led by WOW youth specialists, who are college-educated, Youth Guidance staff, many of whom are from the neighborhoods they work in and/or have shared lived experiences.
- Group sessions include 10-12 young women and each youth specialist has a case-load of roughly 50 young women per-school.
- Youth specialists embed themselves into our partner sites’ ecosystem by joining school teams, including Behavioral Health Teams, and provide a level of scholar support that is uncommon in many urban school environments.

**WOW IN GREATER BOSTON**
WOW was launched in Greater Boston in the SY21-22 academic year. This year, WOW will serve 250 girls and young women across Boston, Cambridge and Somerville Public Schools, helping them to acquire the skills and systems of support to overcome trauma and thrive in school, the workplace, and in life.
WOW CORE VALUES

The WOW curriculum is informed by cognitive-behavioral therapy, acceptance commitment therapy, and narrative therapy and is organized around five core values:

→ **SELF-AWARENESS**
  I have power. I know who I am. I accept who I am. I inspire others 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 others’ 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.

Ava (student’s name has been changed for privacy) says she joined WOW just to get out of class. Prior to joining, Ava got into numerous fights, her grades were declining, and she frequently skipped class. When she first started coming to group last year, she said she didn’t trust any of her peers and would just sit quietly. Ava’s WOW Youth Specialist (YS) began to meet with her before and after group to check on her well-being. She stated that she liked talking to her YS, and as they established a rapport, there was a drastic change in Ava. Her grades went up significantly and she started to attend her classes more often. Ava says that her involvement in WOW has increased her coping skills and has helped her set goals for positive changes in her personal and academic life.

“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.”

– WOW ALUMNI

To learn more about the WOW program in Boston, please scan the QR code or email info@youth-guidance.org.

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