WOW YOUTH GUIDANCE Impact

CHICAGO

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 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

*of those starting in the clinical range

> **"HONESTLY, I'M NOT SCARED OF ANYTHING. SINCE WOW, I FEEL LIKE I HAVE THE TOOLS AND CAN OVERCOME ANYTHING THAT'S BEING THROWN AT ME."**
>
> —WOW ALUMNA

STUDENT STORY

When Shekinah first entered high school, she was plagued by self-doubt and a lack of confidence that held her back from realizing my full potential. She recalled taunting about her looks and her intellectual abilities.

"From day one, I was welcomed into a community with my WOW counselor and fellow peers who believed in me when I struggled to believe in myself. Their constant encouragement and guidance were like a beacon of light guiding me out of the darkness of self-doubt."

Shekinah recalls a time when her WOW counselor asked them to look in mirrors, and just like her, she found that her peers also didn't like what they saw. Through the activities and discussions, she learned to confront the negative thoughts and limiting beliefs that had plagued her for so long. "I discovered the tools and strategies to challenge and reframe these thoughts, gradually reshaping my self-perception. With each session, I could feel my self-confidence growing stronger," says Shekinah Jackson. Shekinah is now a WOW Alumna and attends Eastern Illinois University studying Psychology because of WOW's impact.

YOUTH GUIDANCE
GUIDING KIDS TO BRIGHT FUTURES

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