WOW YOUTH GUIDANCE Impact

KANSAS CITY

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

> **"BEFORE WOW, I REALIZED THAT SETTING BOUNDARIES WAS GOOD FOR ME, NOT JUST FOR OTHER PEOPLE. THINKING THIS WAY HAS MADE ME MORE CONFIDENCE IN MYSELF."**
>
> **—WOW PARTICIPANT**

STUDENT STORY

Prior to joining WOW, Kenzie frequently had physical run-ins with other young women at her school. During the passing period, a disgruntled student approached and proceeded to scream, threaten, and taunt Kenzie. Typically, Kenzie would be quick to engage physically and verbally.

As the young lady continued to blurt out insults, Kenzie grew more upset and made the decision to step away to calm down and decompress. She had every opportunity to become combative, but she recalled previous conversations about how she wanted to present herself as a WOW participant.

After the incident, Kenzie shared that during the confrontation, she focused on the de-escalation strategies she learned in group from her WOW counselor and peers.

YOUTH GUIDANCE
GUIDING KIDS TO BRIGHT FUTURES

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