

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

WOW is a school-based, trauma-informed group counseling program that improves the social-emotional competencies for girls in 6th–12th grades who are exposed to traumatic stressors in under-resourced communities.

WHY WOW WORKS



IT'S AN EVIDENCED-BASED PROGRAM

that is backed up by a Randomized Controlled Trial (RCT) conducted by the University of Chicago's Urban Labs.



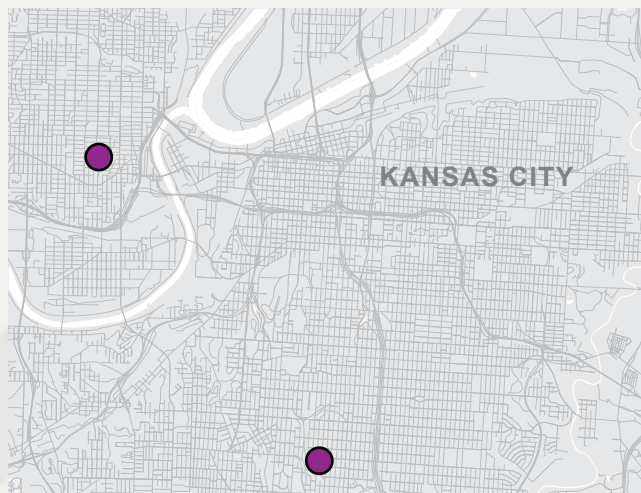
IT TARGETS YOUNG WOMEN WITH SIGNIFICANT RISK FACTORS

to exposure to traumatic stressors in high risk and under-resourced communities.



IT DELIVERS ON OUR MISSION

of “meeting students where they are,” by providing ongoing basic, social-emotional, and mental health supports to our students.



WOW IN KANSAS CITY

WOW was launched in 2011 after its success in Chicago and a comprehensive selection process with GreenLight Fund, WOW launched in partnership with Hickman Mills School District in Fall 2020.

HOW WOW WORKS

- ▶ WOW is a two year school-based curriculum, delivered through 39 weekly group counseling lessons.
- ▶ Circles are led by WOW counselors, 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 counselor has a case-load of roughly 50 young women per-school.
- ▶ Counselors embed themselves into our partner sites' ecosystem by joining school teams, including Behavioral Health Teams, and provide a level of student support that is uncommon in many urban school environments.

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 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.



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

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GUIDING KIDS TO BRIGHT FUTURES

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Before I first joined WOW, I struggled with self-doubt and a profound sense of inadequacy. I believed that my dreams were out of reach and that I didn't deserve success or happiness. But WOW changed everything for me.

One of the most impactful aspects of WOW was the unwavering support I received from my WOW counselor and peers. They believed in me when I couldn't believe in myself. The safe and welcoming space created by WOW allowed me to open up about my struggles and insecurities without fear of judgment.

Through WOW, I gained essential life skills that have empowered me in countless ways.

I LEARNED TO RECOGNIZE AND CHALLENGE NEGATIVE SELFTALK, REPLACING IT WITH A POSITIVE AND SELFAFFIRMING MINDSET. WOW TAUGHT ME SELF-WORTH IS NOT DETERMINED BY EXTERNAL FACTORS BUT BY THE BELIEF IN MY OWN POTENTIAL.”

- WOW ALUMNA