WOW YOUTH GUIDANCE Impact

DALLAS

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, I WAS REALLY CLOSED OFF AND WOULDN'T TALK ABOUT MY FEELINGS, BUT I LEARNED IT WAS OKAY TO DO THAT. MY WOW COUNSELOR WOULD TALK TO ME LIKE A HUMAN, NOT JUST A CHILD."**
>
> —WOW SCHOLAR

STUDENT STORY

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.

YOUTH GUIDANCE
GUIDING KIDS TO BRIGHT FUTURES

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