

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.



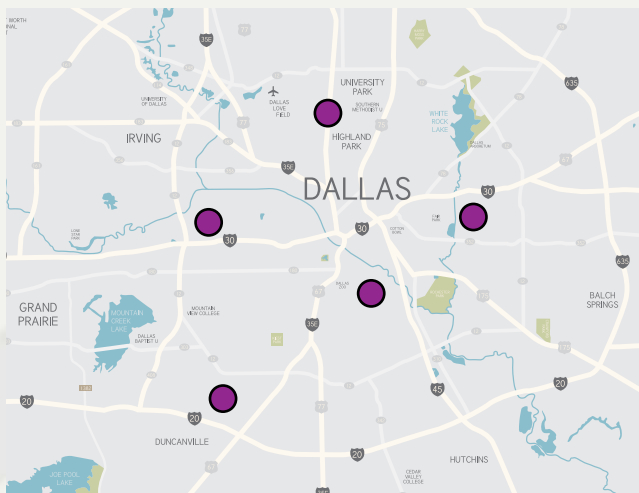
### IT TARGETS YOUNG WOMEN WITH SIGNIFICANT RISK FACTORS

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 DALLAS

WOW was launched in 2011 after its success in Chicago and a careful mutual selection process with Dallas Independent School District, WOW launched in Dallas in Fall 2021, serving five schools.

## 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 Dallas, please scan the QR code or email [mberry@youth-guidance.org](mailto:mberry@youth-guidance.org).

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GUIDANCE**  
GUIDING KIDS TO BRIGHT FUTURES

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I wasn't doing well and I had frequent disciplinary actions. I didn't want to go to school and didn't feel like it made a difference. I was under-performing and nearly failing all of my classes.

When I met with WOW counselors, they were committed to helping achieve my very best. They helped me to realize my potential and to set personal goals for myself.

I went from skipping my classes and failing some of my classes to making the National Honors Society. Since I joined WOW, I have become very aware of my actions. I think before I act. I also became a cheerleader.

**MY WOW COUNSELORS HAVE HELPED ME TREMENDOUSLY WITH MY ANGER AND SELFAWARENESS. SINCE I JOINED WOW, I HAVE BECOME VERY AWARE OF MY ACTIONS. I THINK BEFORE I ACT.”**

- WOW SOPHOMORE