Teen Health Briefing

Perspectives from the YWCA NCA’s 
*Empowergirlz* Mentoring Program
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Alliance for Health Reform
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Factors Impacting Teen Health

• Perceptions of Self
• Self Esteem
• Self Confidence
• Ability to Self Advocate
• Healthy Relationships
Components of YWCA NCA’s Empowergirlz Program

- School Year Academic Skills Building
- 1:1 Near Peer Mentor Matching
- Baseline Assessment
- Educational Sessions on:
  - Healthy Relationships
  - Anti-Bullying and Cybersecurity
  - Career Exploration
  - Self Advocacy and Social Justice
Baseline Data – Relationships
Teens vs. Non-Teens

Social Skills

- easily make friends
- easily chat new person
- work well w/ others
- like working w/ others at school
- comfy telling others I don't like it
- speaking in a group

Teens vs. Non-Teens
Baseline Data – Self Confidence
Teens vs. Non-Teens

Self Esteem

- OK by myself
- I have good qualities
- do things as well as others
- feel good about myself
- comfy saying something when others disagree

Teen | Non-Teen
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3 | 7
6 | 7
6 | 7
7 | 7
6 | 7
Baseline Data – Planning/Problem Solving
Teen vs. Non-Teen

Leadership Skills

- I can make a plan
- I can manage my time
- I am proud of my accomplish
- I follow through w/ my plan
- I am comfy as group leader
- think ahead for problems
Major Behavioral Health Issues

• Unhealthy and Violent Relationships
  – Poor self esteem and lack of understanding of what is “healthy”
  – 1 in 3 teens a victim of physical, emotional or verbal abuse
  – Abused teens more likely to become pregnant
  – Teen victims of dating violence more likely to smoke, use drugs, engage in unhealthy diet behaviors, engage in risky sexual behaviors and attempt suicide
Empowergirlz Program Outcomes

• All High School Seniors have graduated and gone on to college
• No school drop outs or pregnancies
• Teenage girls educated and aware:
  – What defines a healthy relationship
  – How to self-advocate and peer educate
  – How to better communicate with adults and build support systems
Strategic Partnerships and Collaborations

• United Methodist Women – “Fighting Back - A Peer Education Youth-Focused, Anti-Sexual Exploitation Program”
• Children’s National Medical Center – Integrating Health Information and Peer Education
• Women and Cyberjutsu, US Department of Energy – Role Models and Career Exploration
• Peer Health Exchange, City Year, College Success Foundation, Boys and Girls Clubs, YMCA, other youth serving organizations.
Policy Implications and Support Systems Needed

• Programs that provide: Mentors, Role Models
• School and Community-Based Curricula that teach healthy relationships and Self Advocacy
• Legislative and Policy Initiatives that prevent violence and sexual exploitation of youth
• Better integration of health care service delivery systems
• 2-Gen Approach: Teen & Parent