

**Organization:** Garner Road Family YMCA**County:** Wake**Address:** 2235 Garner Rd.  
Raleigh, N.C. 27610**Phone:** 919-833-1256**Website:** <http://garnerroadfamilyy.org/>**Project:** Educational Sessions on Health and Wellness for Teen Girls***\*\*Below are excerpts from their final report\*\****

**About the Project:** The grant money was used to help support a six week workshop and grand finale for girls in the PROMISE (Putting Righteousness Over Men In Sexual Encounters) program.

Week 1:

Ajuba Joy spoke about the importance of empowering self, seeing, and recognizing self-beauty.

Week 2: *Teen Date Rape and Teen Pregnancy and Abortions*

During these two workshops the girls discussed how many teens had reported being raped and how a large percentage of the time it is someone very close to the victim. They discussed heavily the signs, language, conversations, and even expressions used when it comes to date rape. They were given a \$25,000 a year budget as a single parent to show how difficult it would be to manage as a teenage mother. They attended a "Ladies of the Queen Court" program at Upper Room Church of God in Christ and a guest speaker from Fayetteville, N.C. spoke about her abortion experience.



Week 3: *Teens and Drugs/Alcohol*

During this workshop the girls learned about a variety of drugs and date rape drugs. Over 90% of them knew a person with a drug or alcohol problem.

Week 4: *STDs, HIV, and AIDS*

We discussed all of the ways you can contract STDs. We did a skit where I was the doctor or the parent and I had to tell them they had an STD or they had to tell me as a parent they had one. They decided that the skit was too deep so they would rather not have to face the real thing and remain abstinent or protect themselves in every measure.

*Week 5: Suicide, Depression, and Stress Week*

They came up with about 72 reasons why a person would want to commit suicide and they discussed situations where they knew friends who talked about it. They wrote about their own mental health and how they coped.

*Week 6: Health, Nutrition, Exercise, How to find a good man, and Haters*

During this workshop the girls looked up and researched healthy meals and exercise plans. Rich Fulmore a certified trainer helped them in the weight room and encouraged them to do some form of exercise daily. One of our most popular workshops included going to the mall with a list of qualities and characteristics of good men and looking for them. They had to describe guys they saw in the mall who judging by their character and looks were good or bad. They realized this was not enough to go on but watching their actions and how they treated the women they were with was certainly a good first step. The last workshop was about “haters” (those people who didn't want to see success or happiness in other people). They learned the best way to deal with haters is to avoid them.

The grant also allowed the girls to go to a beauty and nail shop to listen to local business entrepreneurs speak about their hard work and how they can take a passion and make money.

**Successes:** There were several times when the girls actually came up to us and said thank you for doing this program (they needed it and they liked it). It gave them an opportunity to speak candidly about their true feelings and express their true emotions. There are not always positive comments about programs in inner city neighborhoods with low- income families and girls. There were parents who said out of all of the programs we continue to please continue this one.



This grant build self-esteem, created self-worth, and helped redefine the goals and objectives of each young lady in her own way. They know now more so than before the importance of knowledge, understanding, and determination to remain free from the bondage these actions can bring.