



Program Description

Standing In The Gap is a 6-week program designed to encourage young women to discover the beauty of their purpose and celebrate the uniqueness of their identity. Standing in the Gap (S.I.G.) is a culturally relevant and unique approach to providing African American women and girls programming related to Life Skills and Prevention. The intervention also assists women with making knowledgeable decisions and choices about their overall health and well-being, which includes stress-reduction techniques, exercising, and healthy eating.

This program includes:

- 12 hours of intensive prevention and life skills training
- One to Two female on-site facilitator(s) (Life Guide)
- Snacks
- One (1) Spa/Pamper day, including dinner (if permitted by partner site)
- Award ceremony for program completion

Anticipated Results:

- Improved self-esteem and sense of purpose
- Improved skills in decision making as it relates to healthy boundaries and relationships
- Improved academic performance and spatial intelligence
- Improved social behavior with parents, teachers and classmates
- Increased understanding of the importance of personal and community responsibility