

La Mariposa:

A Personal Empowerment Program
for Adolescent Girls

THE LATINA A.R.M.Y INTRODUCES A NEW 8 WEEK PROGRAM FOR GIRLS

RESEARCH-BASED, CULTURALLY SENSITIVE & GENDER RESPONSIVE



(Accomplished Role-models Motivating Young Latinas)

History of The Latina A.R.M.Y. Inc.

The Latina A.R.M.Y, Inc., (TLA), a nonprofit 501c(3), was established in 2008 to support the positive life development of young Latina girls. The Latina A.R.M.Y program is all-inclusive and was designed to “celebrate and empower young Latinas by providing inspirational role models and introducing powerful life skills for personal excellence”.

TLA developed a two-session group program model, which was facilitated by a trained Latina A.R.M.Y. staff and/or volunteer role models. Sessions were generally held 6-8 weeks apart. Girls were engaged in exploratory discussions and activities in four main skill areas (JARS); Journaling thoughts and feelings, banishing negative thoughts - Affirmations, setting personal boundaries - Rules, and Setting, planning and achieving goals. Our ultimate goal at TLA is to enhance outcomes with struggling, low-income, first and second generation Latina girls ages 9 to 18. However, we have successfully provided workshops for girls of all ethnic and cultural backgrounds.

To date, we have conducted workshops for over 1,000 girls in local middle schools, high schools and community colleges. The demand for our workshops has dramatically increased; we are now maintaining a waiting list to respond to community needs.

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Over the past two years, grant funding received from the Annie E. Casey Foundation and Hispanics in Philanthropy Funders' Collaborative for Strong Latino Communities allowed us to work with professional consultants to evaluate our workshops and make model enhancements. We have also adopted a new training framework that allows fully trained facilitators to host sessions in their own communities.

The original 2-session workshop program has been enhanced to include research-based elements of effective programming for girls, added cultural competency features, and additional sessions to ensure that girls fully learn the skills we are offering. While grounded in the Latina experience, this new model is purposely inclusive of ALL adolescent girls. The new model is eight sessions and can be facilitated once per week for eight weeks, or twice per week for four weeks, by a trained facilitator.

The new program model known as *La Mariposa* will:

- Help girls develop healthy relationships with themselves, others and their community.
- Provide girls with compassionate, culturally sensitive, and inspirational role models to share success stories and to listen to them.
- Provide girls with an understanding of the value and importance of education in the development of their aspirations.

By engaging girls in eight interactive workshop sessions, where facilitators teach personal empowerment skills (JARS – Journaling, Affirmations, Personal Rules and Setting Goals), girls will learn about the power within and the ways in which they can lead the direction of their lives. All workshops are facilitated in a relational, strengths-based, trauma informed and culturally competent manner.

La Mariposa Eight Week Curriculum Outline

Session 1: Nuestro Mundo / Introduction, Group Cohesion & Journaling

Introduction To The Program Purpose, Leader's Story, Establishing Group Rules, Introduction To Journaling and Gratitude

Session 2: Mi Mundo / Journaling & Dreaming

Development Of A Vision Board, Visualization: You In 10 Years and Dream Journaling

Session 3: Mi Verdad / Affirmations

The Brick Wall, My Mark, and Affirmations

Session 4: El Que Dirán? / What Would They Say?

Messages in Girls' Lives, Rewriting Messages, and Establishing Personal Rules

Session 5: Que Quiero Yo? / Gender Roles & Wellness

Culture and Food, Gender Role Expectations – Stomp it Out, Practicing Personal Rules, and Guided Meditation

Session 6 En La Lucha / In The Struggle

The Tree of Me, Life Span Timeline, Just Because Poem, and Washin My Hands Clean

Session 7: Porque No Yo? / Why Not Me?

SMART (Specific, Measurable, Action, Realistic, Timely) Goal Tracking Worksheet, Career/Interest Activity, and Creating a Dream Resume

Session 8: Si Se Puede! / I Can Do Anything!

Visualization (Imagine You Achieved It, Feelings, Thoughts), Goals Commitment Ceremony, Certificates & Celebration!