



NURTURED GIRLS, EMPOWERED WOMEN INSTITUTE

*For the Empowerment and Leadership Enrichment
of Girls and Women*

MY DREAM ACADEMY /QUEENS RISING

(WE INSPIRE WISE DREAMERS AND FUTURE LEADERS)



My Dream Academy is an empowerment and leadership enrichment program, for females ages 14-21, that empowers young women to create, visualize, and articulate their dreams for their futures and develop a plan to make their dreams come true. The goal of this program is to decrease risky behavior among youth by encouraging participants to have good performance in school, create positive plans for the future, and develop strong connections to

family, school, and faith communities. We create various activities and experiences to support and inform youth about: self and family history, life skills/etiquette, health and wellness, cultural proficiency, importance of education and post-high school life, social justice, financial literacy, and civic responsibility.



WII GIRLS (WE INSPIRE GIRLS)



WII Girls is a pre-teen youth leadership and empowerment program that targets 7th and 8th grade girls. We use positive interventions that increase self-respect, encourage personal growth, instill the importance of education, and create a supportive network to prevent youth from engaging in risky behaviors.

MOTHER LOVE

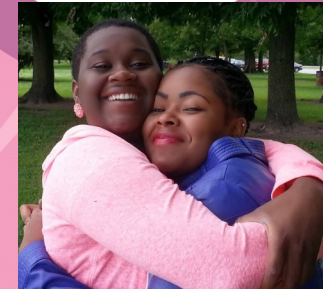
MotherLove is an empowerment program that provides support and guidance to pregnant and parenting youth. We provide one-on-one support as well as bi monthly support groups to assist young people in transitioning into the role of motherhood, strengthening their parenting skills and learning about the important roles and responsibilities of being a good provider for their child and/or children.



Other Programs are: *EVENING WITH QUEENS, WHAT IT MEANS TO BE 18*

Earth Mama Healing, Inc.
In Partnership with
Nurtured Girls, Empowered Women Institute
Present

Quality of Life Road Trip



Journey with African American young ladies
across the United States (15 Cities and 25 States)
and Canada. As We Discover America & Self

This is a publication and program of Earth Mama Healing, Inc.

QUALITY OF LIFE ROAD TRIP

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Wii Girls & Dream Academy

Is a leadership and risk reduction programs for females, ages 12 through 21. Our programs encourage youth leadership and life skills through activities and dialogue that teach self-esteem and self-worth; foster good decision-making; increase academic achievement; develop positive social interaction with peers, adults, and the community; and increase education on sexual and reproductive health. We provide educational workshops and seminars that allow our participants to make informed, positive decisions about their physical, mental, and social health. In Sacramento and Marin County – K-8 and high school. Since 2001 we worked with over thousands of youth and families.



Salute 2015—2018 Honorees of
Harriet Tubman Youth Leadership Awards



2015 Harriet Tubman Community Youth Leaders



2016 Harriet Tubman Community Youth Leaders



2017 Harriet Tubman Community Youth Leaders

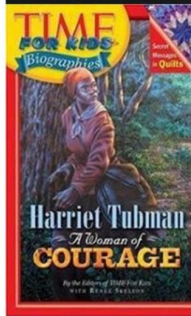


2018 Harriet Tubman Community Youth Leaders



HARRIET TUBMAN

AFTER THE PASSING OF THE USA 1850 FUGITIVE SLAVE LAW SHE SAID, "I WOULDN'T TRUST UNCLE SAM WITH MY PEOPLE NO LONGER. I BROUGHT THEM ALL CLEAR OFF TO CANADA."



RECOGNIZING AND CELEBRATING LEADERSHIP CONTRIBUTIONS OF LOCAL SACRAMENTO YOUTH IN OUR COMMUNITY

PROGRAM INTRODUCTION & DESCRIPTION



For the sixth summer Earth Mama Healing, Inc. and Nurtured Girls, Empowered Women Institute has joined together for the Quality of Life Road Trip. Each year, we take a group of young ladies between the ages of 14 and 21 on a 4-week road trip to experience "America". This is part of Earth Mama Healing's vision to inspire and expose girls to the beauty and various cultures of the Country. This year, with the help of organizations and many individual community supporters, will assist future leaders in the road trip of a lifetime.

The 2018 Quality of Life Road Trip "Trekks" will pull out of Sacramento on August 1 and returned August 22 2018, we will pass through 25 States, stopping in 15 Cities and participate in activities. Road trip activities were strategically designed around issues, concerns and desires that were expressed by the girls in their year-round My Dream Academy Empowerment/Leadership groups.



Earth Mama Healing is interested in the best way(s) to provide girls and young women in Sacramento with alternative approaches to preventative behavioral health services.

MEET THE 2018 ROADTRIP TREKKERS

JENA WOODFOLK



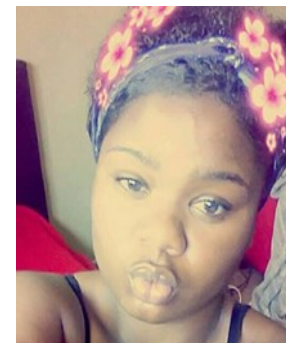
My name is Jena Woodfork and I am 26 years old. I am a recent graduate from UC Berkeley with a major in Social Work and a minor in African American Studies. I am highly passionate about human rights and working to uplift our oppressed and underprivileged communities. My current goal is to go back to school next year and obtain an MSW Degree to further pursue a career as an Adoption Social Worker. I am so excited to be a participant in the 8th Annual Quality of Life Road trip this year! My favorite thing to do in life is to travel, meet new people and gain different new experiences and perspectives on life. I have discovered that learning about the cultures, triumphs, hardships, histories and experiences of others, is what connects us to and teaches us about the larger world. I am excited to help document this trip from beginning to end, highlighting the places we visit and the inspirational people we come across!

We recognize that today's children learn differently than yesterday's children, and we left our youth with the goal of demonstrating this. We submit our theory, that the rise in behavioral problems in inner-city schools are a manifestation of children's frustration with not being able to grasp academic concepts, combined with the lack of self-discipline in the stu-



dents. To begin to prove our Quality of Life Road Trekkers were given a pre and post academic assessment.

The purpose of the assessment was to identify key areas where the girls struggled academically in core subjects such as Geography, English, History and Social Sciences, and then to measure their growth in these subject areas during, and at the conclusion of the trip. The girls learn through a combination of approaches, which included touch, taste, sight and reading. They will be able to look at Canada from across the river and to touch one of the Great Lakes.



JARAYA MASON

My name is Jaraya Mason; I am 17. I was born on February 16, 2001 in Sacramento, California. I recently graduated from Gerber Jr/Sr School. I have 8 sisters and brothers and I am the middle child. My passion is to live, love, laugh, and be free. When I grow-up I want to become a psychologist because I naturally like to figure out the mind and the way it works. I also like helping people. I want to attend Clark University to earn a bachelor's degree in psychology and to minor in dance. My dream is to fulfill the goals I want in life and to simply be happy.

MEET THE 2018 ROADTRIP TREKKERS



TAKAYLA JOHNSON

Takayla Johnson was born in Sacramento California, to Earlene Brown and Carl Johnson. Throughout the duration of her life she grew up in a God fearing home. At the age of four she lost her father. Carl Johnson was murdered in Del Paso Heights, California. The loss of her father became her strength, as she used it to motivate herself through life.

Personally her love for education is encouraged by her mother's sacrifices and her father's death. Now she is 18 years old and plans to attend college and graduate with a PhD in history and education. In the fall she will be attending California State University, Sacramento. She will be majoring in Political Science with a double minor in Education and Ethnic Studies. Currently she serves as a Servant Leader Intern for the Children's Defense Fund summer program, Freedom School. Once she receives her doctorate degree she plans to continue to serve the community that serves her by teaching in the greater Sacramento Area. Takayla enjoys empowering younger women and being a resource to the youth of Sacramento.

TIA WILLIAMS

Tia Williams is a young sista from Southern California, however she is currently based in the Bay Area. As she moves up and down the coast Tia dedicates Her efforts towards empowering Black youth and the community. In early 2018 Tia helped found West2West, a social platform that aims to facilitate the exchange of Afrikan People, resources, ideas, and culture bring to the Western Hemisphere and the West Coast of Afrika. Tia believes that the absolute liberation of Afrikan/Black people is dependent upon our ability to build international networks of refuge and sees West2West as being one of many vehicles we can ride to freedom. Tia strives to be a loving and supporting daughter, sister, Aunt, sista-friend, and resource for her community at home and abroad.



They will archived newspaper articles and visit a historic Plantation with the Slave Quarters maintained. Being "in" these environments will help the girls to learn in context, and also allowed them the space to have relevant conversations about learning.

Learning was not only academic. The girls also learn about proper manners, good communication and social skills. Most importantly (socially) they learn how to be friends and connected sisters. Finally, some of the girls were able to demonstrate social growth each night while in group and though questions asked in the Reflections section.



Please enjoy the information about our Quality of Life Road Trip and stay-tuned to our preparation for the 2017 Quality of Life Road Trip



PRE & POST TEST ASSESSMENT

Sociology

Questions 1. NAME THREE HISTORICAL EVENTS AND/OR post-test question only)

WHAT ARE THREE EVENTS AND/OR FACTORS THAT HAVE HURT BLACK COMMUNITIES?

In the post test the girls were given choices in what factors they thought hurt the Black Communities. 35% of the reported that "Introduction of Crack Cocaine", 35% reported "Prison Industrial System", 25% reported Demise of Black Families and finally 5% reported "Welfare the Excluded Men from Families".



History/Cultural Studies/Vocabulary

Questions: 3. WHAT ROLE DID YOUNG PEOPLE PLAY IN THE CIVIL RIGHTS MOVEMENT?

Pre-test - 63% of the girls reported that the youth did not play any role in the civil rights movement. Post-test - 88% of the girls reported that youth played a very important role in the Civil Rights Movements by assisting in organizing marches, sit-ins and other protests and boycotts for Equal rights.

Technology



Questions: 2. (this question was not on the pre-test)

THE CHICAGO DEFENDER IS A BLACK OWNED AND OPERATED NEWSPAPER IN CHICAGO?

Post-test 100% of the girls learned that the Chicago Defender is a Newspaper in Chicago. This is where they learned about the

Emmett Till archives.

Careers

Questions: 2. HOW MANY YEARS OF COLLEGE DO MEDICAL DOCTORS COMPLETE?

Pre-test - 75% of the girls reported that they did not know. Post-test - 100% of the girls reported that doctors complete 8-10 years of college.

MEET THE 2018 ROADTRIP TREKKERS

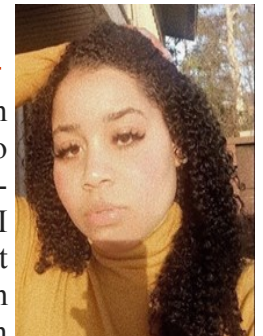


TAKARRA "KARIJAY" JOHNSON

Takarra "KariJay" Johnson is a nationally recognized spoken word & Hip Hop artist from Sacramento, CA. She is currently attending the University of California, Davis as a 4th year undergraduate student and aspires to use music and poetry to educate the youth. She spends her free time as a Servant Leader Intern with the CDF Freedom School, a founder and poet-educator of The Oak Park Poetry Project, and co-founder of the West2West Movement. She hopes to continue her work with youth and education as she moves on to pursue a Master's in Education after obtaining her bachelor's degree. Takarra envisions her life infused with qualities of peace, perseverance, and radicalized unity.

AZARIAH DONALDSON

Hey! I am Azariah Donaldson, I was born in California. I am 17 years old. I love to learn new things and make new experiences. I really love music and the arts. But I especially love history and learning about it impact, messages and how to build upon what I learn from it. I also have a passion for fashion! My passion for life is working on my clothing line, it gives me life. I am very motivated person. I want to be a great role model and positive leader effective in my community and the world.



REFLECTIONS ON THE ROADTRIP

“The road trip is outstanding and amazing. The people were so welcoming.” Kayla, 2010

The road trip was a pivotal part of my life. It was literally my awakening; it impacted me greatly.” Femi, 2012

Growing up in Oakland and Sacramento, that's all I've ever seen, going back and forth. So when we went it was New York, and there is so much more to life than where you were raised.” Linda, 2012

When I went, I got sort of a culture shock, as in seeing a lot of black families prosper as I don't see in my primary community. Coming back to Sacramento I really had a different mindset, I really wanted to strive to be greater than how I was before I left...” Dominique, 2014

This trip helped me to expand my goals and hold on to my dreams.” Chanoy, 2015

“This road trip experience changed my life, I am more excited and hopeful about life and my place in it “ Zori , 2016

“This Trip Made Me Step My Game Up” - Harriet, 2017



PRE & POST TEST ASSESSMENT

Education

Questions: **WHY IS EDUCATION IMPORTANT?**

POST-TEST, THE GIRLS ANSWERED:

- I. Education is important because it opens up more opportunities to allow you to be successful.
- II. It is important so that I can get a good job and learn what I need to know.
- III. Because you need it to get a job and be successful
- IV. Education allows you to determine your future for yourself.
- V. To go further in life, business and mind set.
- VI. Because you can't get a good job without education.
- VII. So that you can know what was going on in the world then and now.
- VIII. It's important so I can have a better understanding of the world



PRE & POST TEST ASSESSMENT

Geographic

Questions 1. HOW MANY GREAT LAKES ARE THERE?

Pre-test - 100% of the girl reported that they did not know. Post-test - 100% of the girls reported in the post-test that they are five Great Lakes.



(Pictured in Detroit, USA across from Windsor, Canada)

Nutrition and Health

Questions 1. WHY SHOULD YOU HAVE DIFFERENT COLORS OF FOOD REPRESENTED ON YOUR PLATE?

Pre-test - 100% of the girl reported that they did not know. Post-test 100% of the girls reported that different colored foods have different (and necessary) vitamins.



Questions 2. WHAT ARE THE BENEFITS OF OWNING YOUR OWN BUSINESS? All of the girls reported that they did not know the benefits of owning their own business. In the post-test the girls shared benefits of owning a business (below).

- To make your own money.
- To make your own money and see what you have done.
- If your business thrives it can help your community.
- To be your own boss
- Getting your product off the ground
- higher tax brackets
- Setting you own work hours



7 Years of Quality of Life



To Date
46 Young Ladies
Participate.

31 have completed
High School

25 continued on to
College/University

6 Have Completed
College/University

4 Became Mothers
after graduating
High School

Most of them
Majored in
Social Work or
Psychology

PRE & POST TEST ASSESSMENT

Family Life & Relationship



Questions 1. WHAT ARE THE HEALTH BENEFITS OF MARRIAGE?

Pretest - 86% of the girl reported that they did not know. Post-test - 88% of the girls reported that on average husbands and wives are healthier, happier and enjoy longer lives than those who are not married.

Questions 2. WHAT ARE THE FINANCIAL BENEFITS OF MARRIAGE?

Pre-test - 75% of the girl reported that they did not know. Post-test - 100% of the girls reported that married couples build more wealth on average than single or cohabiting couples.

Questions 3. HOW DO CHILDREN BENEFIT BY HAVING MARRIED PARENTS?

Pre-test - 75% of the girl reported that they did not know. Post-test - 100% of the girls reported that children who come from homes with married parents are more likely to have positive attitude towards marriage and greater success in forming lasting marriage. They are also less likely to live in poverty, drop out of school and end up in juvenile hall.



PRE & POST TEST ASSESSMENT

Religion



Questions 1. WHAT ARE THE 3 MAJOR RELIGIONS? There are three major world religions, Judaism, Christianity and Islam. Pre-test - 50% of the girls did not know this. Post-test - 95% of the girls identified all three.



Government

Questions 2. WHERE IS THE CAPITOL OF THE UNITED STATES? 13% of the girl reported that they didn't know. 100% of the girls reported in the post-test that the capitol of the United States is located in Washington, DC.

Questions 4. HOW MANY BRANCHES OF GOVERNMENT ARE THERE IN THE UNITED STATES? Pre-test - 75% of the girl reported that they did not know. Post-test - 100% of the girls reported that there are three branches of government.

Questions 5. WHAT LEVEL OF BILLS AND LAWS ARE PASSED AT THE CAPITOL OF THE UNITED STATES? Pre-test - 75% of the girl reported that they did not know. Post-test - 100% of the girls reported that at the nation's capital that federal laws and bills are passed.

Questions 6. WHAT IS THE ROLE OF A LEGISLATIVE CONGRESSMAN? Pre-test - 100% of the girl reported that they did not know. Post-test - 100% of the girls reported that the job of a state legislator is to elected and debate, vote on bills and work on committee.

(Pictured meeting with Congressman Jared Huffman, of California)



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Quality of Life Road Trip

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Discover America - Discover Self