

**Girls S.T.R.I.V.E.
Stay True to Responsibility
Individuality, Value and Excellence**

As Schweitzer Fellows, Sasha and Taylor worked to improve the holistic health of at-risk adolescent girls by providing an afterschool health education program. They partnered with Citizen Schools to launch Girls S.T.R.I.V.E. at Lowe’s Grove and Neal Middle Schools in Durham. They addressed various aspects of social, mental, and physical health through weekly workshops to encourage young girls to incorporate new healthy practices into their daily routines. Success in this project was measured by the participants’ ability to implement healthy strategies into their self-care routine for four weeks and present these plans to their community.

Outreach

- We received tremendous support from parents in monitoring the students’ self-care plan routine to ensure the girls were on track with their personalized goals.
- Students presented on physical, mental, and social health and the importance of self-care to a diverse, authentic, and professional audience.

Outcomes

- A total of 61 students at Neal and Lowes Grove Middle Schools participated in the semester long program, one held in the fall and the other in the spring. With the Fellows guidance, they identified a self-care plan to enrich their overall health.
- 45 of 61 participants incorporated at least two skills from their personalized self-care routine for four weeks or more.

