

Background

Xinachtli (*germinating seed*)

Comprehensive program

- indigenous based youth leadership
- supports and guides young women
- through their rites of passage process

Curriculum focuses on

- Development of the youth's
- Ability to identify principles
- Personal strengths
- Teachings from generation to generation
- Assists youth to identify creative tools for encourages self-development continued development community improvement

Curriculum sessions address

Reflection: individuals reflect on personal gifts, identity and history

Creation: understanding of personal creation abilities and responsibilities

Consciousness Raising: facilitation of critical thinking skills.



Purpose

Extend and strengthen community relationship collaboratively work on a program identified by community

Assist and support planning and delivery of youth health and rites of passage curriculum for young girls.

Specific Aims:

- Create an advisory group from girls in the Girls Zone program;
- Facilitate, support and evaluate the curriculum for all girls.

Community Partner

- Martinez Street Women's Center (MSWC) in San Antonio, Texas, has been a trusted health and education resource center for over 15 years.
- Mission is to transform communities through women and girls by providing access to vital health services, quality education, and advocacy.
- Begun in 1999 by 10 diverse and multi-talented women with a vision to create a space for healing and empowerment, has grown into a multi-service resource center supporting health and educational opportunities for over 5,000 individuals each year.

Materials and Methods

Methods/ Design:

This approach stressed equal partnership with power sharing of resources and decision-making authority in all phases in accordance with Community Based Participatory Research (CBPR) principles.

Advisory Group: Girls were recruited to participate in an advisory group. Girls participated in planning meetings and focus groups prior to the program, as well as during and after program delivery.

Assessment: Girls completed a self-esteem scale prior to and after the curriculum program. *Curriculum Delivery:* During sessions, girls entered reflections in journal notebooks.



Significance

- MSWC ascribes to a positive youth development framework consisting of forty developmental assets that serve as building blocks of healthy development that are essential for all youth, regardless of their background.
- The focus is on strengths, supports, and skills that young people need to succeed and overcome challenges.
- The degree of community involvement young people engage in, facilitates their empowerment and boundary-setting processes that are linked to lessened risk-taking behavior and enhanced well-being.
- Caring outside the family can play a significant role in helping develop external and internal assets that can result in increased well-being in young people.