

Service Project:

I Am A L.A.D.Y. (Loving and Defining Yourself) is an afterschool program held at Building Hope Community Center . The Fellows focused on nurturing strong, confident, Christian young ladies who will have the skills and tools to be successful and reach their fullest potential in today's society. Every week they worked to improve spiritual and physical health, nurture self-esteem, and encourage higher education. Twenty-one girls participated in the two-hour weekly sessions held throughout the academic year.

Activities:

- The workshops were structured with conversations, hands-on activities, and guest speakers.
- Topics included healthy eating, exercise, higher education, self-esteem, social media, safety, as well as emotional and relationship health.
- Took the girls on a college tour of East Carolina University (ECU) to encourage academic achievement.
- Zumba sessions encouraged active lifestyles.

Outcomes:

By the end of the year-long project:

- 9 out of 9 had scored above normal on their Rosenberg Self-Esteem Scale post-test. 5 out of 9 improved their scores from the pre-test to the post-test.
- 17 out of 21 girls exchanged an unhealthy snack for a healthy snack at least 3 times a week.
- 17 out of 21 girls exchanged an unhealthy beverage for a healthy beverage/water.
- 21 out of 21 girls identified an academic track which will enable them to reach their personal career goal (college education, community college education, or job related aspiration).

Sustainability:



to see the NC



Girls on a tour of ECU Campus



End of the year
"I am a
L.A.D.Y."
Debutante
Celebration

