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2024WARD: Building Brighter Futures for
Today's Youth Leaders
U.S. Department of Health and Human
Services, Administration on Children,
Youth and Families (ACYF), Family and
Youth Services Bureau (FYSB) Adolescent
Pregnancy Prevention Program Grantee
Conference

**Resiliency and Strength: A
Diversity, Equity and Peer
Leadership Model**



Disclaimer

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Workshop Objectives



Objective 1: After viewing this presentation, participants will be able to identify inequities and microaggressions surrounding African American youth.



Objective 2: After viewing this presentation, participants will be equipped to explain and develop three skills needed to advance diversity and inclusion in Peer Leadership programming.



Objective 3: After viewing this presentation, participants will be able to compare various cultural and historical African American history and hip hop facts, that best meet the needs of their targeted population to foster positive self-identity and motivation for leadership development.

Wholistic Stress Control Institute, Inc. (WSCI)

WSCI is a 40-year old, African-American, award winning, community based, non-profit organization located in Southwest Atlanta, Georgia. Its mission is to teach wholistic stress management by promoting wellness and healthy lifestyle choices.

- **Wholistic Stress Control Institute was chosen as Atlanta Public Schools Partner of the Year, 2022.**





The PREP Program

Provides a comprehensive culturally specific Sexual Risk Avoidance Education Program to educate youth on how to voluntarily refrain from non-marital sexual activity, to avoid related risky behaviors for most vulnerable youth in Atlanta, Georgia's Fulton and Dekalb Counties

PREP Program

Establish Rapport and Trust for Engagement

Hip Hop

African American History

Educational Content – 12 PREP Classes

- 8 – SRAE
- 4 – Youth Development
- Each class begins with a Stress Management Techniques

Peer Education – Community Outreach and Social Media Programming

Parenting Programming – Taste of Wellness and a Hip Hop

Fusion Festival

Prior to Programming


Facilitators should be culturally competent (*study Hip Hop, past and current artists and African-American History*)

Facilitators must develop a comprehensive plan that incorporates Hip Hop, African-American history, decision-making, character development to incorporate into a successful sexual risk avoidance program.

The class sessions will use Hip Hop music as a tool to educate and to be incorporated with Creative Writing and/or Spoken Word to promote sexual risk avoidance.

The goal is to enhance a whole person – mentally, physically and their emotional well-being

Know Thyself – Who Are U (Wholistic 1984)¹



Peer Education
Model: Understand
the significance of
Health inequity and
racism

- Health equity and racism has been an on-going battle for African Americans and other disenfranchised populations. From scholars to lay men, all adults bring prior knowledge and experience that form a foundation for their learning that aligns with their own realities or the realities of their participants. For some, this workshop will fulfill their internal motivation for problem solving.¹

Peer Education Model:
Understand the importance of poverty in underserve communities and community depravation.

- a. The pregnancy prevention program will not be successful if we don't first address the inequities that affect our participants and their parent lives. These issues ultimately impact students' awareness, behavior, and their vulnerability to unhealthy relationships (i.e. premarital sex, gang involvement, drug selling and drug use, etc.)²

- b. Marginalized schools can be underfunded, and some don't have the same access to monetary resources as affluent schools. This directly and indirectly negatively impacts the success sequence.³



Peer Education Model: Peers must be able to convey Social Determinants of health

- Scientific evidence shows that significant disparities in health and in health care are based on socioeconomic factors of an individual's life.⁹
- We call these factors — the conditions in which people are born, grow, live, work and age — the “social determinants of health.” They account for as much as 80% of a person's health outcomes.¹⁰

Some of the social determinants of health include:¹¹

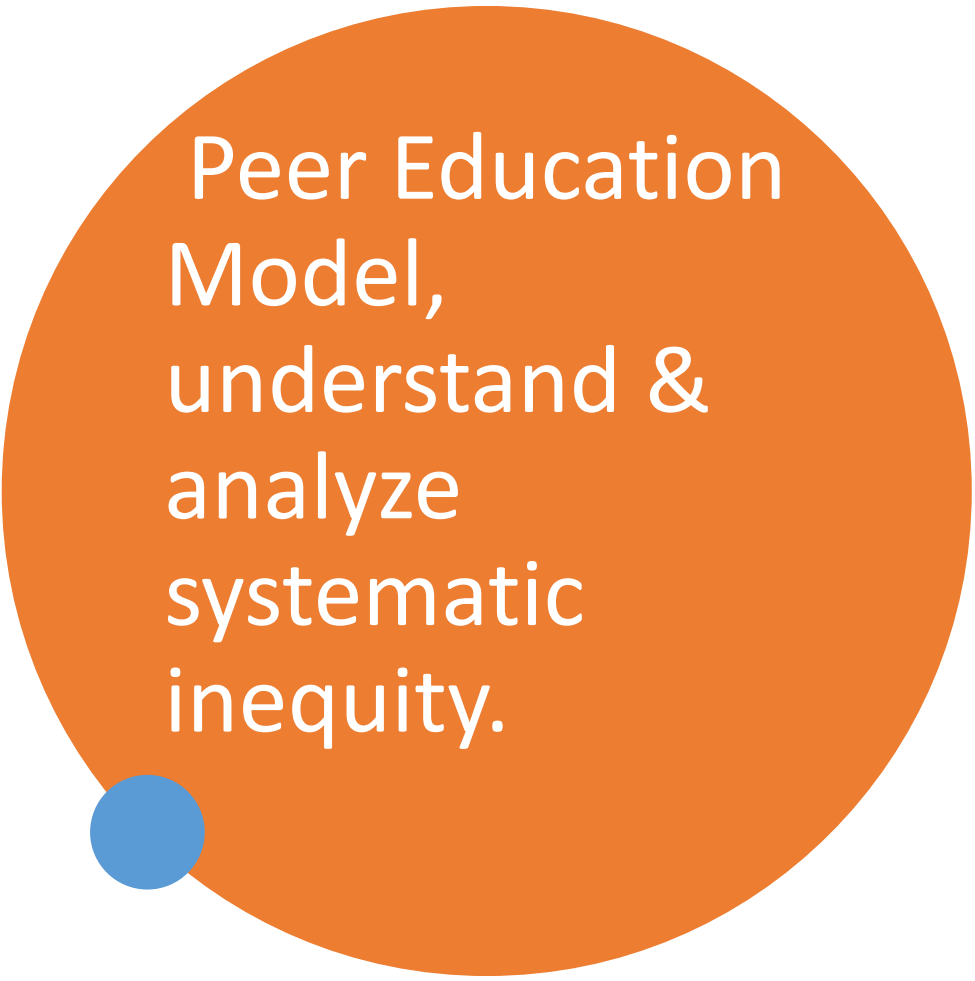
- Access to healthy foods
- Neighborhood safety
- Housing stability
- Income level
- Education quality
- Transportation availability



Addressing Building Brighter Futures./Inequity

c. Inequity in healthy nutritional food (i.e., food deserts) impacts the student's ability to learn during and after school hours. This directly affects students' behavior and ability to succeed in school. Most importantly, this is negatively associated with high-risk behaviors.⁴

d. The lack of programming in the targeted communities to provide after school and youth development activities during times of needed structured supervision for teenagers has been found to lead to unhealthy behaviors such as sexual encounters.⁵



Peer Education Model, understand & analyze systematic inequity.

e. Inequities in employment have led to parents traveling further distance to work. Lack of parental supervision has been found to lead to unsupervised youth and higher at risk behaviors such as sexual encounters, dating violence, drug selling, drug use, and unhealthy relationships, etc.⁶



Peer Education Model: Understanding Historical Trauma and the foundation of social and political inequity

- Historical Trauma
- refers to a complex and collective trauma experienced over time and across generations by a group of people who share an identity, affiliation, or circumstance.⁷
- Slavery, Emancipation, Jim Crow Laws, Black Reconstruction, White domestic terrorism.⁸
- Civil Rights Movement

Peer Education Model



Students are eligible to become peer educators once they complete our 12 session classes.



Students are chosen based on of their participation during the 12 sessions along with their willingness to behave.



We ask input from our teachers. Based on the teacher's recommendation and our class instruction/observation we choose the students.

Peer Education Training

After the students are selected, they must complete an 8 hour training course on Wholistic Stress Control Institute's Peer Ambassador training.



The peers learn the responsibilities and the expectations of a Peer Educator.



The Peers must conduct a teach back on 1 or 2 lessons of our evidence based curriculum. Once they complete that they are sent into the field during community events,

The snippets of speeches and songs address inequity: We used these snippets/songs to help the youth understand African American History.



Dr. M.L. King Last Speech



Angela Davis



Malcolm X Police Brutality



J Cole | Be Free



Fannie Lou Hamer



Judas and The Black Messiah



Kanye | Jesus Walks

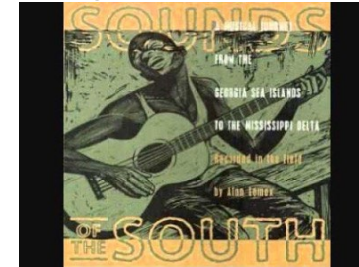
Work Songs/Inspirational



Georgia/Louis
Canaan Land



Swing Low, Sweet Chariot



I'll be so glad when



Academy Choir
Wade in the Water



Sammy Davis
Mr. Bojangles



A Change is Gonna Come



Rhapsody - Nina



CyHi The Prynce - 80's Baby



YelloPain - My Vote Don't Count



King Los - Lil Black Boy



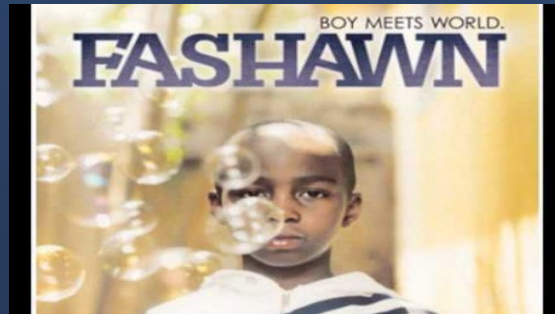
DJ Khaled: God Did



Jay Z: The Story of OJ



CyHi The Prynce - No Dope on Sundays



Fashawn - When She Calls



YelloPain - Graduation



MC Lyte: Poor George



2pac Brenda got a baby



Nikki D: Daddy's little girl



Common: Retrospect



Ed. OG: Be A Father



Nas: I can

Songs and Videos



Dr. King's I'm tired of march speech:

Dr. King's Last Speech:

Angela Davis: Black Power Mixtape

**Malcolm X: Los Angeles police brutality
speech.**

J. Cole: *Be Free*

***Fannie Lou Hamner: The Flag is drenched with
our blood***

Judas and The Black Messiah preview

Georgia Luis: *Canaans Land*

Billie Holiday: *Strange Fruit*

FaShawn: *Something to believe in*

J. Cole: *Once an Addict*

Swing Low Sweet Chariot

Academy Choir: *Wade in Water*

Sammy Davis: *Mr. Bojangles*

Sam Cooke: *A Change is gonna come*

Rhapsody: *Nina*

CyHi Da Prince: *80's baby*

Yellow Pain: *My vote don't count*

Billie Holiday: *Strange Fruit*

CyHi Da Prince: *No Dope of Sundays*

FaShawn: *When she calls*

Yellow Pain: *Graduation*

Rhapsody: *Hard to Choose*

- **MC Lyte: *Poor Georgie***
- **2Pac: *Brenda's got a baby***

Songs and Videos



Nikki D: Daddy's little Girl

Common: Retrospective Life

Nas: I can

Ed. OG. Bulldogs: Father to a child

Resource List

- **Photo Credits & Video Credits: YouTube**

1. Kelvin Walston and Tarita Johnson from Atlanta Public School Awards Ceremony.
2. There are no other photos (there are music links that has the artist name).
3. All the music links that has the picture of the artist came from YouTube.

Works Citation

- 1. <https://www.cdc.gov/minorityhealth/racism-disparities/index.html>
- 2. <https://www.apha.org/topics-and-issues/health-equity/racism-and-health>
- 3. <https://www.sc.edu/uofsc/posts/2022/04/conversation-jim-crow.php#.ZCRLkuzMJQI>
- 4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2840398/>. The Effectiveness of an After-school Program Targeting Urban African American Youth.
- 5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2840398/>. The Effectiveness of an After-school Program Targeting Urban African American Youth.
- 6. <https://www.americanprogress.org/article/african-americans-face-systematic-obstacles-getting-good-jobs/>
- 7. <https://www.psychologytoday.com/us/blog/achieving-health-equity/202010/why-historical-trauma-is-critical-understanding-black-mental>
- 8. <https://www.psychologytoday.com/us/blog/achieving-health-equity/202010/why-historical-trauma-is-critical-understanding-black-mental>
- 9. <https://wexnermedical.osu.edu/blog/racism-is-a-social-determinant-of-health>
- 10. <https://wexnermedical.osu.edu/blog/racism-is-a-social-determinant-of-health>
- 11. <https://wexnermedical.osu.edu/blog/racism-is-a-social-determinant-of-health>

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Session Evaluation

Please complete a brief evaluation form for all workshop, forum and networking sessions by scanning the following QR code or visiting the following link:

<https://bit.ly/2024Evaluations>

