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To Empower, Encourage, and Inspire!

Service to Science Initiative Community Report
July 2010



Island Girl Power Service to Science Initiative Community Report

Juanita Blaz, Bonnie Brandt, and Marie Auyong, July 2010.

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Message from the Founder

How We Got Started

For many years I was on the front line of domestic violence, 12 years as a reporter and six years as a Senator. After awhile it occurred to me that the best way to tackle domestic violence issues was before they happened. These thoughts never left my mind. One night I did a marathon internet session looking for a program that would help me tackle these issues. The question that drove me was, "How do you make a community strong and healthy?" The answer I came up with is simple, women are the backbone of a community...make the girls strong at an early age, then they become strong women and they will make the community strong. I came across the national Girl Power program and they had a plan that I could support and advance. Girl Power started early with girls ages 9-14 and they also offered educational and promotional support that gave you core values from the get go.

In order to launch this program here, I wrote a "call to action" for the newspaper and then sat back and took phone calls from women who wanted to get involved. My first phone call was from Juanita Blaz who asked if she could add a theatrical component to what I was trying to do. She thought that it was important to mix serious messages with fun and I agreed. That's how we got started.

Carlotta Leon Guerrero
Island Girl Power Founder and Ayuda Foundation Executive Director



Message from the Program Director

Welcome to Island Girl Power

I have had the pleasure of growing with this wonderful program for nearly eight years as its volunteer Program Director. People often ask me how I am able to continue to do this work. I try to explain that it is only through my work with Island Girl Power that I have become a better person. I see the world with more positive eyes. I started volunteering as a way to help my very own daughters and I now see that it has benefited me so much more. I continue to be surprised by all the community support we have been able to gather. It is only because of community support that we have been able to stay open.

I hope you enjoy learning more about Island Girl Power and our efforts to *Empower, Encourage, and Inspire* our island girls. In this publication we hope to bring you in, introduce you to some of our partners, and show you what we have been up to and who our "island girls" are. Most of all, we want you to see why more Island Girl Power is needed throughout Guam and the Pacific region. Thank you for taking interest in our work.

Juanita Blaz
Island Girl Power Program Director



Introduction

Island Girl Power is a prevention and enrichment program on the island of Guam that believes sustainable positive social change begins in the hearts and minds of our youth. Our vision is to create an environment where girls feel safe and confident in their ability to make life affirming choices and to create positive futures for themselves. Island Girl Power offers a variety of programs and activities including a Saturday Clubhouse, prevention outreach, and after school classes and special events and is currently located in the village of Dededo.

Founded in 2001 by Carlotta Leon Guerrero and Shannon Murphy, and formerly directed by Cindy Hansen, Island Girl Power is a program of the Ayuda Foundation, a 501(c)(3) non-profit organization. Since its inception, Island Girl Power has operated as an entirely volunteer run organization whose activities are coordinated and provided by a Program Director, teen and adult volunteers, and Prevention Partners. Critical to its ability to operate without a paid staff and steady funding stream is the support it receives from corporate and government sponsors and through local fund raising events and private donations.

Why Island Girl Power?

The transition from childhood to adolescence is often a time when girls lose their sense of personal power and self acceptance and are increasingly susceptible to outside influences.

- Girls in their early teens are often encouraged to “please others” rather than to develop their own interests.
- Girls, who were actively involved in sports at a younger age, may be discouraged from participating in sports as their bodies begin to mature and develop.
- Girls at this age often experience first time exposure to drug use and risky behaviors.
- Girls are bombarded with words, music lyrics, and images that tell them how they should look, act, and feel through nearly every form of media.
- Girls witness increased sexualization of, and violence against, women both in our community and the media.
- Girls exposed to these influences are especially vulnerable and may be at risk for substance abuse, self injurious behaviors, such as “cutting”, eating disorders, and suicide, as well as for engaging in early and risky sexual behaviors.



Local data tells us that:

- Guam's teen pregnancy rate of 10% of all live births is one of the highest in the United States.
- Guam's high school age youth have significantly higher levels of suicide ideation and attempts than the U.S. average.
- Guam's girls are almost twice as likely to think about, plan, and attempt suicide as Guam's boys.
- Family violence continues to be a problem in our community. In 2009, three deaths were due to family violence.

Introduction (Cont.)

Long Term Outcomes

Island Girl Power is committed to increasing community awareness of the issues affecting Guam's youth and families, and to offering a prevention program with the following long-term outcomes:

1. Increased awareness of risky behaviors and their potential consequences
2. Increased knowledge and skills in positive decision making and help seeking behaviors
3. Increased reporting of date violence, family violence, and rape
4. Delayed first time alcohol, drug, and tobacco use and awareness of the harmful effects of alcohol, tobacco, and other drugs
5. Reduction in self injurious behaviors and suicide attempts and suicides
6. Increased social skills, self acceptance, and self esteem
7. Improved peer and family relationships
8. Increased awareness of, and participation in, positive new activities
9. Increased environmental awareness and civic pride
10. Increased sense of volunteerism and focus on promoting positive role models



Mission Statement and Community Messages

Island Girl Power works at **Empowering** our young ladies to succeed, **Encouraging** positive role models, and **Inspiring** community pride. Our mission is to help young ladies and their families to lead healthy lifestyles, free from teen pregnancy, violence, suicide, and substance abuse through prevention education and promoting positive alternatives.

Girl Power means:

- The Power to take a stand against tobacco and alcohol companies supporting and sponsoring youth programs and family events.
- The Power to speak out against the exploitation of women and girls through inappropriate media promotion and exposure of youth to sexual images in advertising.

About this Report

In September 2009, Island Girl Power was awarded a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) Service to Science Initiative to increase its evaluation capacity through three evaluation enhancements: (1) a retrospective analysis of demographic data, (2) a qualitative evaluation of girls' experiences, and (3) an analysis of the perceptions of collaborating Prevention Partners. This report provides a summary of the results from these activities.

Overview of Program Components

Island Girl Power Saturday Clubhouse

The Saturday Clubhouse is the “heart and soul” of Island Girl Power. Every Saturday from 10:00am - 3:00pm girls, ages 7 -14, learn new things, develop friendships, and have fun in a safe, structured environment. Young women, ages 15 years and older, also participate in the Saturday Clubhouse as volunteers, role models, and mentors for the younger girls.

Prevention and Educational Workshops Offered:

- Substance abuse
- Dating and family violence
- STDs and HIV/AIDS
- Conflict resolution
- Personal health and safety
- Suicide
- Teen pregnancy
- Decision making

Horizon Expansion and Skill Building Activities Include:

- Arts and crafts
- Activities to develop social skills & self esteem
- Journaling
- Cooking
- Cultural arts

Personal Development Activities Offered:

- Library and computer labs
- Mentoring
- Fitness and recreation
- Community service projects
- Career awareness
- Dance and music appreciation

In January 2010, Island Girl Power established a partnership with Westcare, a non-profit organization, to offer Project Isa-ta. This federally funded program provides HIV/AIDS prevention education to girls through implementation of four evidence-based curriculums. Each Saturday, Project Isa-ta Instructors conduct curriculum based activities at the Clubhouse with girls who enroll in this project.

Community Prevention Outreach

Island Girl Power’ Program Director regularly supports prevention education led by agencies and Prevention Partners in schools and at special events such as mall expos and displays. Island Girl Power is committed to coalition building and is an active member of the following local prevention coalitions: Guam Coalition Against Sexual Assault and Family Violence, PALM (Magof Health) Coalition, CSR-Community Voices Coalition, PEACE (underage drinking prevention), Rape Prevention Task Force, and the Red Ribbon (drug free) Coalition.

After School Classes and Special Events

In addition to it “girls only” Clubhouse, Island Girl Power promotes healthy relationships between boys and girls through positive activities (i.e., self-defense, music, jump rope fitness, archery, and cultural dance) offered during its After School Classes. Special events, such as the Annual Guam Jump Rope Competition and Back to School Carnival provide the larger community opportunities to participate in Island Girl Power.



Island Girl Power Participants



A retrospective analysis of demographic information collected from 2002 – 2009 was initiated as an evaluation enhancement activity under the Service to Science Initiative and provides a “snap shot” of the characteristics of girls served by the Saturday Clubhouse over the past eight years.

Enrollment

- From 2002 – 2009, a total of 722 girls participated in Island Girl Power.
- Enrollment peaked during the first few years of operation and began a downward trend when the Clubhouse moved from Tiyan to Dededo.

Age

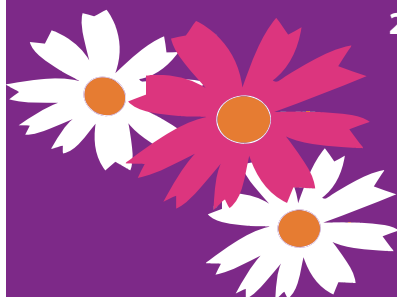
- The average age at enrollment was 9.8 years.

Age Group at Time of Enrollment	Percentage of Girls
6-8 Years of Age	30%
9-11 Years of Age	49%
12-14 Years of Age	21%

Family Income

52% of girls come from households with an annual income of less than \$25,000 and 80% come from households that earn less than \$50,000 a year.

Island Girl Power Key Milestones



2001 - 2003

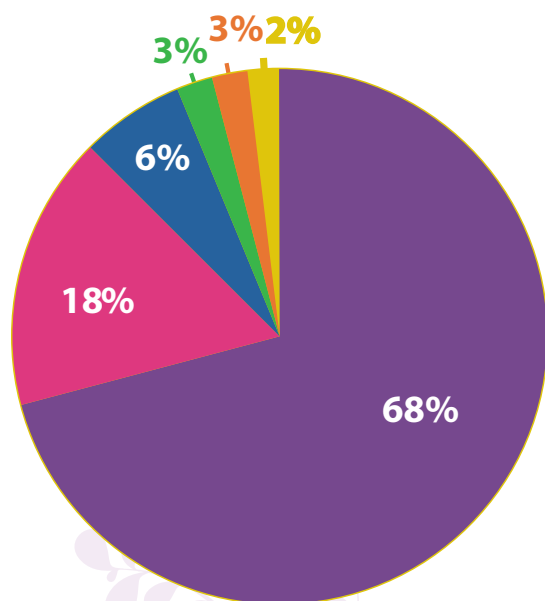
- 1st Assembly at Inarajan Middle School & Opening of Tiyan Clubhouse
- Partnerships with Simon Sanchez High School's ProStart Program & Inafa Maolek Begin
- After School Classes in Kenpo Karate Offered
- Recipient of Soroptimist International "Enhancing the Status of Women and Girls Award"

2004 & 2005

- Partnership with the Department of Public Health and Social Services
- After School Classes Expand: Capoeira, Guam Skipjacks, Aikido
- Island Girl Power Advisory Board Formed
- Relocation to Dededo

Ethnicity

68% of participants were Chamorro or Chamorro mix, 18% Filipino or Filipino mix, 6% other Pacific Islanders, 3% Caucasian, 3% Asian, and 2% from all other ethnic groups.



- Chamorro
- Filipino
- Other Pacific Islander
- Asian
- Caucasian
- Other Groups



2006 & 2007

- Coalition Against Sexual Assault & Family Violence and Red Ribbon Coalitions Formed
- Annual Jump Rope Competitions Begin
- Island Girl Power Director receives Soroptimist International "Women Making a Difference Award"
- Adopt-a-Room Sponsor Program Begins

2008 & 2009

- E Town E-chievement Award
- Partnership with the University of Guam American Association of University Women
- Awarded SAMHSA's Service to Science Evaluation Enhancement Grant
- Clubhouse Renovations

2010

- Partnership with Westcare for Project Isa-ta Begins
- Evaluation Enhancements Implemented
- Clubhouse Renovations Continue
- Community Reports Published

Girls Speak Out!

Overview

As part of the Service to Science Initiative, a *Telling Your Story* workshop was conducted to collect information about girls' experiences as participants and volunteers with Island Girl Power, as well as to provide them with an opportunity to learn and engage in a creative process. The workshop was conducted across three sessions by female instructors chosen for their accomplishments and expertise and included sessions in photography, story board and comic strip development, interviewing, and poetry. At the conclusion of the workshops, one-on-one interviews were conducted to learn more about: (1) the common problems girls face on Guam, (2) their experiences with Island Girl Power and as volunteers, and (3) the benefits of the program for themselves and others. The interviews were taped and then transcribed verbatim. The transcriptions were reviewed and participants' responses were organized by question type, and then analyzed to identify common themes and experiences with Island Girl Power.

Participants

Seven young women, ages 15 - 23, participated in the workshop and interviews. All were Island Girl Power volunteers. Three of the participants were Clubhouse members when they were younger and two participants had been involved with the program since 2003. Three participants are currently in high school and four attend college.

What the Girls Had to Say

Problems Facing Girls on Guam

In discussing the problems girls face on Guam, participants identified the following: youth drinking and drug use, peer pressure, stress, teen pregnancy, cutting, and suicide. One girl noted that girls on Guam do not speak up and voice their opinions.

Knowledge of What Island Girl Power is About

Participants shared that Island Girl Power is a program that teaches girls how to be "outgoing," "confident," and "strong-willed." They also noted that Island Girl Power's message is about empowerment, violence against women, and drug and alcohol prevention.

Saturday Clubhouse

Participants repeatedly referred to the Saturday Clubhouse as family-oriented or comfortable, and a place where girls can "be themselves." Factors contributing to this included: the way girls treat each other, expressions of affection and acceptance from the Director and other staff members, the physical environment, the emphasis on group work, flexibility and choice of activities, and the openness of volunteers to engage new members. One participant shared that members are "shown nothing but love here."



Benefits Experienced by Themselves and Others

When asked about the benefits of the program for themselves and others, Participants identified the following positive outcomes:

- Increased self-confidence, overcoming shyness, becoming more outgoing and adventurous
- Better relationships and improved communication with their schoolmates and families
- Improved health and physical fitness
- Learning new things and meeting new people
- Their worth affirmed as a girl
- Avoidance of drugs and peer pressure

One participant shared, "The activities that they do, from painting the club house to creating their own arts and craft materials and the clubs that they put together, ...it makes the girls bond. It makes them become, from people who just see each other, to people who know each other, to friends, and then, to family. They become strong after a while. And people who are totally different from each other end up getting along, and it's really cool to see that from different colors and nationalities and race..."

Words Participants Used to Describe the Typical Clubhouse "Girl"

- | | |
|---------------------------------|-------------------------|
| • Confident | • Helpful |
| • Adventurous and energetic | • Respectful of herself |
| • Outgoing | • Happy and uplifting |
| • Nonjudgmental and open-minded | • Different |

The Volunteer Experience

Participants noted that as volunteers at the Clubhouse they "generally help out," versus fulfilling any specific jobs or responsibilities. Participants identified themselves as role models and identified specific behaviors and responsibilities associated with this (i.e., no drugs, tobacco, or alcohol use, no swearing, being respectful, hardworking and committed, and demonstrating passion and interest).

Ways to Improve the Program

Participants suggested that more emphasis on volunteer consistency would improve the program, as well as better utilization of volunteer's existing skill sets. As volunteers, they would like more direct appreciation shown by participants. Participants also noted the need for more locations with qualified, caring, committed, and skilled volunteers and Directors, as well as more sports gear and physical space at the existing Clubhouse. Other ways to improve the program included: (1) follow up with girls who "drop out" to learn reasons why they do not return and (2) increase parental involvement.



Girls' Pages

Introduction

Through the Girls' Pages, you will have an opportunity to experience the power of the voices of Island Girl Power volunteers and participants. Excerpts from the *Telling Your Story* interview transcripts, short biographical introductions written by some of the girls (which appear in italics), original artwork, and photographs were selected by participants for inclusion in this report and provide a glimpse of the depth of their insights. Because of space limitations, we were not able to publish the complete transcriptions of the interviews. However, we are confident that through these excerpts you will recognize the passion, reflection, and confidence with which these young women move about in the world.

Erica Garcia

My name is Erica Garcia. I am 18 years old. I am currently a student at Concordia University in Irvine, California, majoring in Business Administration with a double concentration in Finance and Sports Management. After completing my undergraduate studies, I intend to apply to law school and focus on corporate law or sports law or both. I then intend to pursue a doctorate's soon thereafter. I began volunteering with Island Girl Power when I was in my junior year in high school and stayed on as Clubhouse Supervisor for the remainder of my high school career. With that said, I am very ambitious and driven to reach my aspirations, but I have come to reflect, understand, and reinforce the importance of God, family, and friends. They are my support system and without them, I wouldn't be where and who I am today.

The most important, as I said before, the one lesson that I always got out of Island Girl Power was giving back. You know, it's always giving back to the community. Because somehow there's some way you can make a difference in someone's life, you know? To a girl—especially a girl who goes to Island Girl Power to get away from stuff at home—being able to spend time with her, just have an enjoyable day with companionship and fun and games with the other girls, friendship: it means a lot to a little girl.

I really put a lot of emphasis and importance on mentorship. In the business world that's what I learned. Especially in the States: we're minorities, we're women, and there in business, there's always the glass ceiling. With the girls, you mentor them to be better, you mentor them to believe in themselves. They can reach their dreams, just like these businesspeople. They can reach that top position, it doesn't matter if the company [is] all white. So what if you're a woman in a company of men? You can still reach the upper level.

I owe a lot to my mentors. In middle school, my most important mentor was my English teacher. I was so shy, and we were able to make me see that I have bigger potential than just being a student. I can be a leader. That really meant a lot to me, and it carried me through. If it wasn't for her, I wouldn't have taken that risk in running for student government and getting involved in school. I'd probably still be shy, not doing anything. Because of her I didn't settle for secretary [or] treasurer. I made sure I went for the president position, especially in high school. I served my class as president for three years.



Nacrina San Nicolas

If girls don't have positive role models in their lives, then they don't really know what or who they want to be. Just helping them with something as simple as cooking gives them a positive experience to go back home with. Otherwise, they would be home probably, and their parents would be working, and they might get into drugs, teen pregnancy, things like that. Just being there--whether it's for friendship or to teach positive values, then that's--I think that's what it's all about.

Having girls look up to you, it pushed me to be something more than I would otherwise be. I believe I did try harder because these girls are looking up to you. You're the role model, you're someone that you want them to look up to, and you want to do everything you can to portray that. I think I became more adventurous, joining more clubs, taking a more active role at school or, you know, with family. I feel like I really stepped up the level of leadership. Also, coming from being a shy person to being an outgoing person, I felt it was uncomfortable at first just speaking my mind or going out in front of people.

I believe the biggest thing about the girls, wherever I go on Guam, whether it's the volleyball teams I help coach or the girls at Island Girl Power, I believe that they don't speak up enough. What that tells me is that there's a lack of confidence, and they're probably not comfortable with who they are. I think that Guam girls need to learn how to express themselves more and to believe that their opinions, or whatever they think, is important. Because that's who they are, and a lot of the times, girls on Guam are not supposed to speak up as much as the boys. You know, the boys are the ones who handle the "serious business," things like that. But the girls are left out, or they feel that their opinions don't really count. And that's really not a great habit of Guam girls, because when you grow up, that's teaching a lack of confidence in themselves. That's teaching them that what they think does not matter. It affects everything because if they don't speak out about what they feel is ethical or what they feel is right, and to make good decisions, there's something missing from the community that would otherwise be there if more collaboration was there, if more girls spoke up. I think Island Girl Power does bring that out of them, makes them feel more positive and outgoing.



About Volunteering

"Having girls look up to you, it pushed me to be something more than I would otherwise be. I believe I did try harder because these girls are looking up to you. You're the role model, you're someone that you want them to look up to, and you want to do everything you can to portray that." – Nacrina, Age 23

Girls' Pages (Cont.)

Irene De Vera

It may have been two years after I started volunteering, I discovered that I had a real knack for making cookies. One day I was making this big batch of chocolate chip cookies. And I was slaving away for maybe an hour, having the girls come in and out of the kitchen saying, "Are they ready yet? Are they ready yet?"

I kept saying, "No, no, no. Go to the library or wherever. Okay?" When the cookies were done, I arranged them nicely. And then I decided, "Oh, well, maybe I should just go over there and give these to them. I think they'd really like that." So I get out of the kitchen, holding these plates of cookies. Then I hear this high pitched squeal and I'm wondering, "What the heck was that?"

And then I hear a little bit of rumbling and then I hear, like, pitter patter of feet. And then I look down the hall, thinking, Oh my God! It's a stampede of little girls. And so they're running towards me, jumping and squealing. They gathered around me in a circle: "Cookies! Cookies! Can we have some now?!"

I was like, "Yes! Here! Take it! Take it! Please, don't kill me."

When I first came here, I was too shy to show my face, and I kept this god-awful green fisherman's hat over my head every time I came here, and I would not take it off . . . That was my security blanket. And well, I wore that hat for maybe... a year? two? I forgot. That awful green hat. That awful green fisherman's hat. It basically kept me hidden from the volunteers and the girls.

It was the best way to spot me. It was like, "Hey, do you know where Irene is at?" "Who?" "The girl in the green hat." "Oh, she's over there." Ahh! Okay, sure. Green hat girl. Thank you. [Eventually, Irene moved on to three other consecutive hats.]



The day I stopped wearing hats is when I finally got my hair cut to try a new style. I got the haircut because my little brother went off-island; I didn't have to worry about him anymore for at least a month. When I finally cut my hair I felt like there was a really big weight off my shoulders. I felt so

liberated. Never mind the hat. I'm gonna walk in here with a new outfit too and my new haircut. I'm gonna go swagger in.

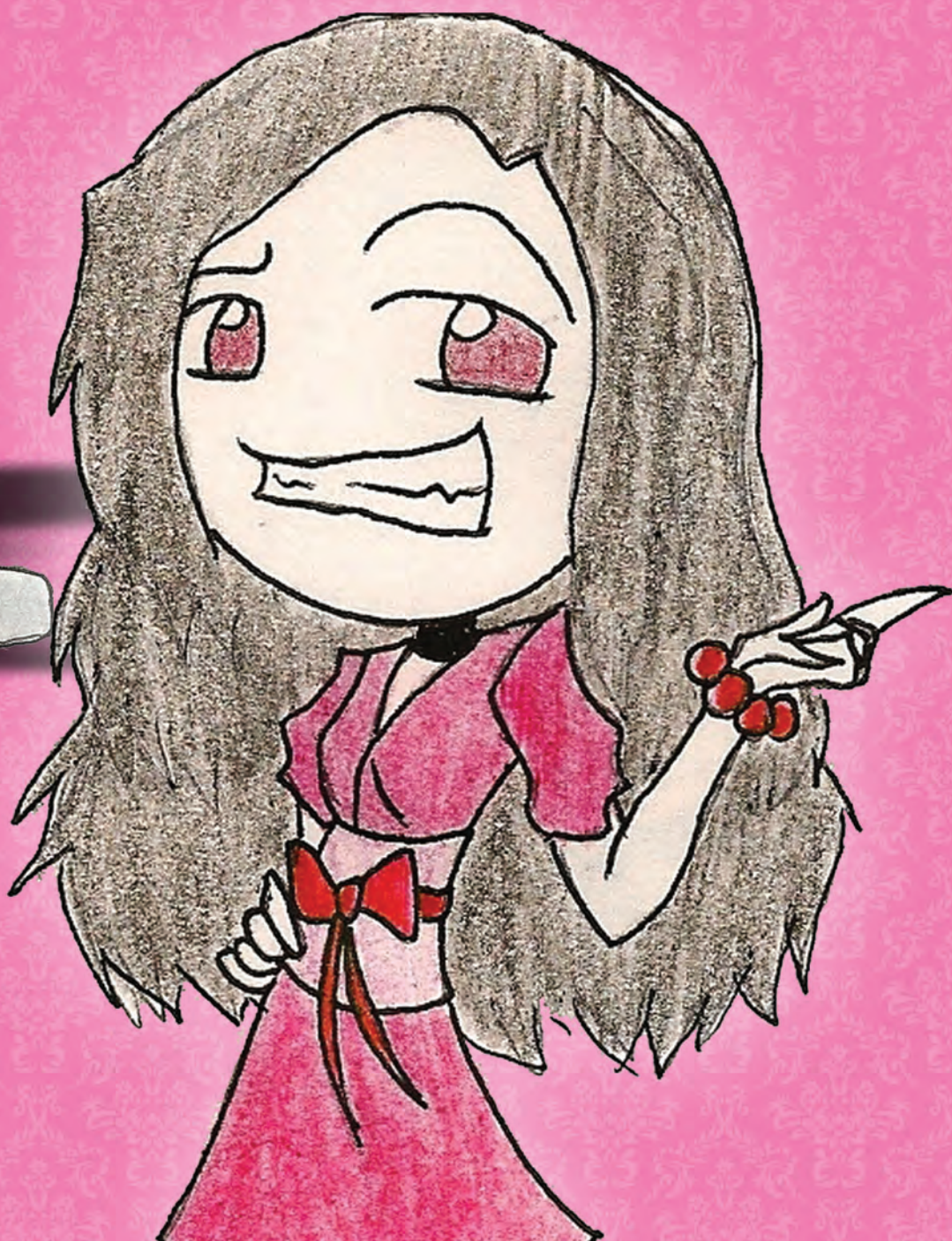
That's when I stopped wearing it, because I got a little bit more confident in the way I look. It felt really different but amazing. When I walked in without my security blanket I felt liberated.





"I think the major problem is fitting in, emotional problems, suicidal problems, and pregnancy, relationship issues (those are really big things)."

– Irene, Age 18



Girls' Pages (Cont.)

Melanie "Sereia" Galimba

Capoeira was created by African slaves that were brought to Brazil about 500 years ago. They created the art to basically fight for their freedom. Capoeira was illegal so they had to disguise it as a dance, and they incorporated instruments, music, and their stance looks like a dance. But the thing that got me interested wasn't the movement, it was the actual music.

Capoeira was illegal back then. So one way to protect each other was to give each other nicknames. Like me, my name, my Capoeira name is Sereia, and it means mermaid. The reason why I got that name is because back then I had hair that went past my waist. So it reminded my instructor of a mermaid.

The necklace I'm wearing is called a berimbau. It's similar to the belembaotuyan which was introduced by the Portuguese to the Chamorros on Guam. But then it's played very differently. It's a smaller version of the belembaotuyan. It's basically like a one-stringed guitar. It's used in the roda to control, it's basically the heart of the roda. And the roda is the circle we play in. It tells you how fast to go, how slow to go, what type of game to play, whether to fight.

Teaching? I slowly grew into it. Teaching the class part was really hard for me 'cause I was good friends with everyone. But you should have respect for the instructor. People should ask you to get water, to take a moment to rest. When you're cool with the group, then they'll think, "Oh, it's okay if I fool around for a little bit." But at certain times, I had to raise my voice and they didn't expect that from me 'cause I was really down to earth with these guys. It's just two different roles I think I play. When I'm in front of the class, I'm the instructor of the day, but then when we're outside of class, I'm still everybody's friend. It's a different experience being in front of the classroom and being in class. It's really hard to adjust to that... it's getting there.

If it wasn't for Island Girl Power introducing me to Capoeira I would not know what my life would be like right now. Like some people who are really into their sports and stuff, Capoeira is my passion right now. I sacrifice a lot. I do a lot to achieve my responsibilities. It keeps me focused in school. It pushes me to do more things.



"My freshman year and my friends, they were asking me, 'Hey Mel, let's go smoke.' Then I was like, 'No, I don't do that stuff', and they're like, 'No come on, just take it with us.' ...

"I was really close to them and I just told them, 'I don't want to.' Just hearing all those different things from Island Girl Power about drugs and stuff. I guess it [was just] in my head and I was like, 'Nah, nah, I don't want to end up like you guys. Most of them, they're already like—their grades are dropping and I was like, no, this is my freshman year.

I don't want to screw up now. I don't want to screw up at all. So yeah, I just walked away."

– Mel, Age 16



Girls' Pages (Cont.)



Naomi Blaz

My favorite subjects in school are science and language arts. My parents are Joseph and Juanita Blaz. I have wonderful, exciting, and lovable sisters and a new baby brother on his way. Their names are Natashia, Natalie, Narissa, Nalanie, and Joseph Jr. I am into reading, writing, Capoeira, jump rope, and dancing. I started reading and writing more when I became a member with Island Girl Power when it first opened. My mom is the volunteer Director of IGP, now I am a volunteer also. Other than going to IGP, I am in the national track and field team and the George Washington High School freshman production. We came in first.

People who are important to me are my mom and dad, grandma, sisters, friends, teachers, and coaches. My favorite colors are black, blue, and purple. My favorite foods are strawberries, tomatoes, and chocolate. My birthday is January 14, 1995. My future goals are to be a scholar athlete, go to college and break records for track and field.

Being a founder's daughter, it's... interesting. I mean, getting to see how my mom goes through looking for people to do classes, or sponsors for events. It helped me to see how much you have to go through, even though it's a non-profit and thinking of how much she has to go through. It's just a lot.

As a lot of people say, I've gotten to meet new people. Little girls that come, they'd be all around different people, so you kinda see how they act, how they get used to one environment. From being around one environment they kinda change. So, a little girl, whose first time at Island Girl Power...she's shy. So it's helping me to help out other girls and getting into talking and just having fun.

Some girls have a really hard time talking to their moms, even telling them where they're at or what they're gonna do. I guess some girls just say, "Okay, I'm going to the mall" and then they'll just go...instead of being more open and saying, "I'm going the mall with this guy or with a couple of friends and then afterward we're gonna go somewhere else." You know, just being more specific and open to that. Most girls have a hard time with that 'cause there's aunties and uncles [who] will only let the guys go, grow up. Or when girls ask they say, "Oh no."

I think all girls should have someone to talk to. If it's not your mom then at least your grandmas or a really close cousin. Girls should never go through something without even at least talking. 'Cause, if a girl keeps something in its like they're just trapped in one place.





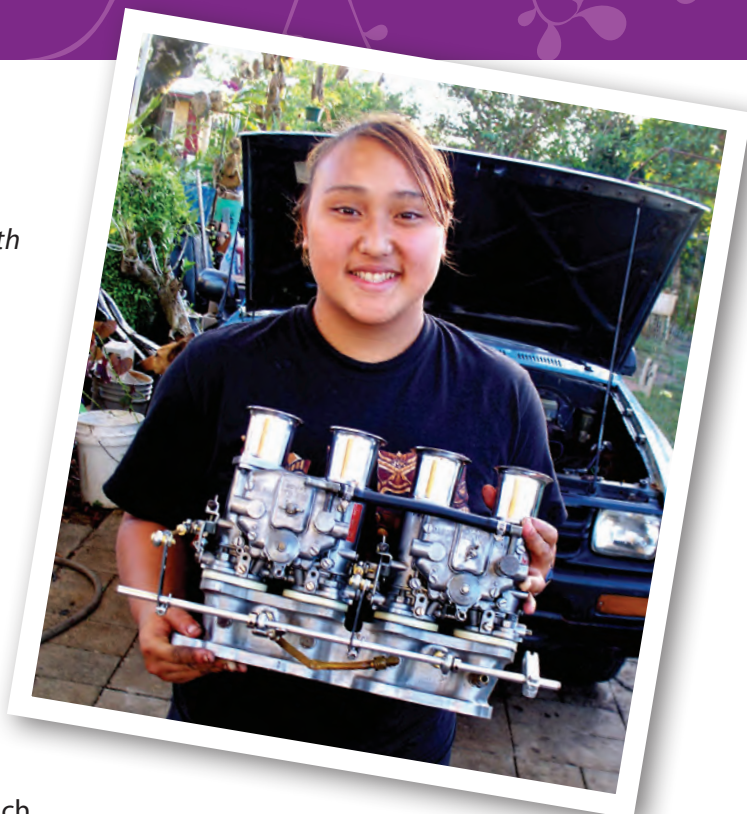
Girls' Pages (Cont.)

Elisha La Puebla

First of all, most people know me as Ellie or Ells, but my birth name is Elisha La Puebla.

I am extremely into auto mechanics, sports, cooking, and music. I was four years old when I got to hold my first set of tools. I can take apart a motor and put it back together without problems, it's what I do. As for sports anything satisfies me from spiking a ball to shooting across the court or even head bunting. Those are the known sports, but I also play rugby, quite rough yet interesting. Paddling is another sport I am into, very aggressive yet a family-oriented sport. Cooking is important to me because everyone has to eat. Thanks to my family I can put a delicious and satisfying meal together and I admire all my creations.

Last year I got MVP [for paddling] and Ms. Q knew how much my heart was into the sport. And I was up to Team Captain [for Okkodo High School]. This was my second year to Team Captain, and I got MVP again. And for Taotao Galaide, the outside league, I also got MVP by vote. My coach said as soon as I graduate, I get to coach Okkodo and help out Taotao.



The first three grandchildren are me, my brother, and my cousin (Vincent). For a while it's just been us three; we all lived in the same house. When I went to Island Girl Power, I was like, "Whoa, this is all little girls." I was a little shy because I wasn't into the whole "only girl" thing. It was really freaky for me to see all girls playing in the yard. I'm like, "Wow. Cool."

The activities that they [Island Girl Power] do, it makes the girls bond. It makes them people who just see each other, to people who know each other, to friends, and then, to family. They become strong after a while. And people who are different from each other end up getting along and it's really cool to see that, different colors and nationalities and race.

Island Girl Power is very helpful... I'm pretty sure it can help everyone. They've given me a lot of confidence compared to when I was younger. Especially how all the boys were like, "You can't do this, you can't do that." Island Girl Power made me realize, "Hey, I can do this. I can do that." And it made me open to say, "You know what? Girls are just as good as boys." Island Girl Power [took me] from a simple nothing to a very big something.

Prevention Partners

Overview

Prevention Partners are essential to Island Girl Power's ability to provide consistent prevention education as part of its Clubhouse program. Over the past years, Island Girl Power has collaborated with: Big Brothers, Big Sisters, the Guahan Project, Guam Community College ProStart Culinary Arts program, the Department of Mental Health and Social Services PEACE program, the Department of Public Health and Social Services Health Promotion and Prevention programs, Healing Hearts Crisis Center, Inafa Maolek, Victims and Advocates Reaching Out, and Westcare. As part of the Service to Science Initiative, structured interviews were conducted with nine individuals representing Island Girl Power's Prevention Partners to learn more about the effectiveness of this collaboration. The interviews were conducted by an external evaluator who used a standardized set of questions from March – June, 2009. Participants were asked questions about:

1. their program and its involvement with Island Girl Power,
2. the benefits of their collaboration and any accomplishments,
3. their level of satisfaction with their collaboration and reasons for their satisfaction or dissatisfaction,
4. the outcomes they hoped to achieve and whether these outcomes were being achieved, and
5. the overall impact of Island Girl Power in the community.

What Prevention Partners Had to Say

Types of Collaboration

Respondents described a wide range of collaborative efforts between their programs and Island Girl Power. These included:

- Implementation of their program or its programmatic approach at the Clubhouse
- Collaboration primarily for special and outreach events or through various coalitions
- Formal prevention presentations and workshops at the Clubhouse

Benefits to Prevention Partners

Many respondents indicated that through the collaboration they were better able to meet their own program's mission and/or mandates and access a target population that they might otherwise not reach. Other benefits included:

- A safe place to refer victimized or at-risk girls
- Sustainability of prevention coalition goals
- Program Director's knowledge of community needs

"Juanita has been very supportive and enthusiastic about the program from the beginning. She is knowledgeable; may not always know what to do but always knows what is needed. Island Girl Power enhances our program."



Prevention Partners

Benefits to Island Girl Power

Respondents noted the following benefits of their collaboration with Island Girl Power:

- Increased credibility for Island Girl Power
- Provides additional volunteers, role models/mentors, and resources , including some limited funding
- Increased capacity for health education and a focus on “real life” topics
- Brought evidence-based practices to Island Girl Power

Level of Satisfaction with Collaboration with Island Girl Power

The vast majority of respondents indicated that they were “very satisfied” with their collaboration with Island Girl Power. Many cited the Program Director’s commitment to Guam and the prevention agenda as reasons for their satisfaction, as well as her support and enthusiasm for their own program’s mission and activities. Some respondents spoke about the need for a stronger, more formalized relationship between their program and Island Girl Power. One respondent indicated that this would strengthen her organization’s prevention component.

Achievement of Outcomes with Girls in the Saturday Clubhouse

Respondents were less clear about the impact of their collaboration with Island Girl Power on the girls who attend the Clubhouse. When asked if they thought they were achieving their desired outcomes, many responded “it is hard to say” or “can’t really say.” Several individuals questioned whether girls were participating on a consistent basis and some noted a high turnover of girls.

Recommendations for Program Improvement

Most Prevention Partners spoke of the tremendous challenges that the Program Director has had to overcome (and continues to overcome) to keep Island Girl Power open as the context for their recommendations. Most noted that there is a need to expand the program to serve more girls and girls residing in other parts of the island. However in order for the Island Girl Power to grow and expand, it needs to improve its infrastructure. One individual noted that without stronger governance and a succession plan, Island Girl Power would not be able to exist without the current Program Director. Other recommendations included:

- strategic planning, including revisiting its vision and mission
- increasing current Board involvement or explore new options for governance
- having some paid staff and external funding

Impact of Island Girl Power in the Community

All respondents indicated that Island Girl Power is having a positive impact in the community. Many talked about Guam’s girls having a safe refuge to be themselves and to be comfortable with who they are, and a place to learn new things. On Prevention Partner shared: “I can’t imagine the island without Island Girl Power. I think with Island Girl Power’s presence in the community, we can no longer marginalize girls.”



Your Support Makes It All Possible!



Hafa Adai Friends and Supporters,

Island Girl Power's existence is due to the kindness and generosity of Annual Corporate and Individual Sponsors, Prevention Program Sponsors, Organization and Community Partners. These various sponsors allow us to focus on our mission. In eight years, we have seen many renovation projects and community events all of which would not have been possible without the community's support. In addition, we would like to thank the numerous volunteers who through their donation of time, services, and monetary support allowed Island Girl Power to continue to evolve and serve the community. There are too many to recognize here. Please know that your support is greatly appreciated.

Special thanks also to the network of friends we have made over the years for getting our messages out into the community. Our program revolves around good people sharing what they have to make Guam a better place. If you have a skill, talent, donation or you want to start something like this in your village, contact us and get started. For more information please feel free to call the IGP cell 688-4752, email islandgirlpower@yahoo.com or visit our website at www.islandgirlpower.com

THANK YOU Sincerely! Best wishes to all of you

**Everyone is a Role Model,
Be a Positive One! VOLUNTEER!!**

We are so fortunate on Guam to have dedicated people that pour their hearts into the various non-profit organizations. Island Girl Power would not be able to cover all the prevention topics without our great partners.

Annual Corporate Sponsors (In Kind & Event Support) \$1,000 Plus Sponsors

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- Advanced Management
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- Pacific Islands Club
- Nissan Rent a Car
- Bank of Guam
- Payless Markets
- Foremost
- NIPPO Corp (Container Donation)

Prevention Program Sponsors-Funded

- DPHSS (Rape Prevention Grant)
- DMHSA (A.T.O.D. and Suicide Prev.)
- WestCare Pacific (HIV& STD Prev.)

Annual Sponsor Organizations

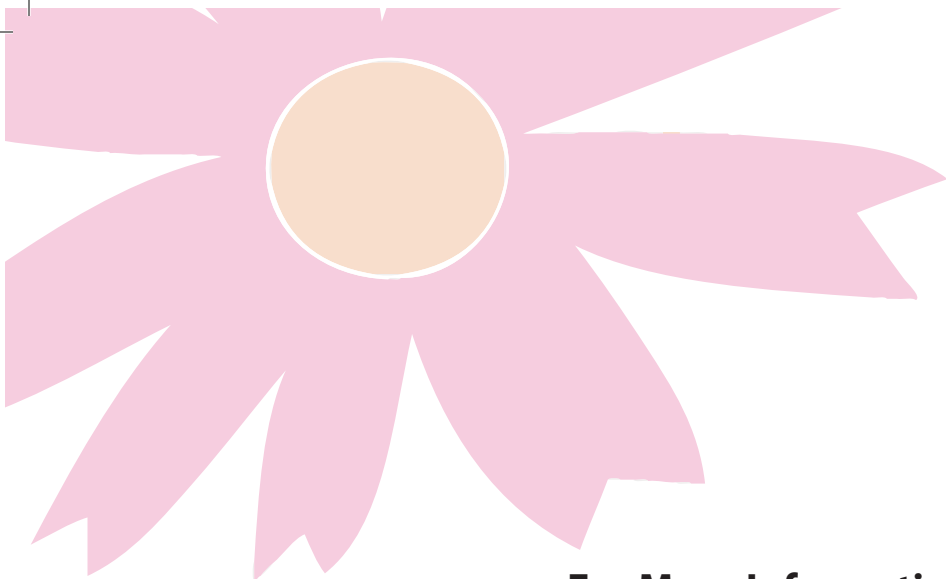
- Rotaract of Marianas (Program Sponsors)
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- St Paul's National Honor Society (Art Room Sponsors)
- Academy Of our Lady of Guam National Honor Society (Mentoring Sponsors)
- Andersen Officers Spouses Club (Library & Computer Room Sponsors)
- Soroptimist (Marianas, International, and Sigma UOG)
- Pilots For Kids (Computer Room Sponsors)
- Rotary Club of Guam (Kitchen Sponsors)
- UOG ACEI Program
- GCC Service Learning
- NCTS Volunteers
- USS Frank Cable Volunteers
- Dededo Mayor's Office

Individual Contributors (\$2,000 Plus Sponsors)

- Terri Hernandez- Kite Donation
- Analiza Quiroz- Balikbayan Book Fundraiser
- Victoria Pilates- From Board Rooms to Classrooms
- Tom Sheldon- Furniture Donation for Clubhouse Use
- Matthew Smith- New Furniture Donation for Rummage Sale

Community Partners (Long-Term Instructors)

- Caroco, Vampiro, Sereia (Capoeira Mandinga- Brazilian Self Defense)
- Brian Dodge (Guam Skip Jacks-Jump Rope Family Fitness)
- Karina Dolorin (Dance Class)
- Cathrina Palomo (Islander Club)
- Mr. Wong (Ukulele Class)



For More Information Contact

Island Girl Power

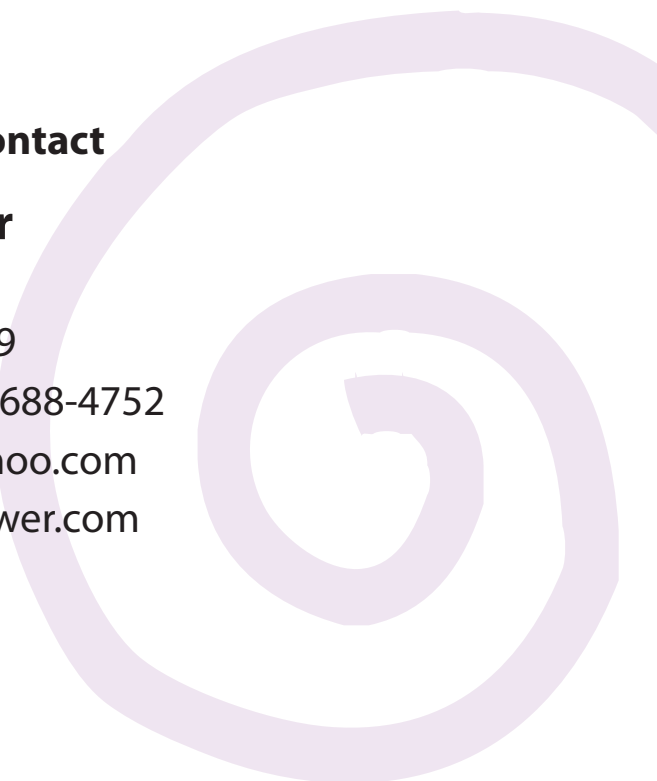
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To Empower, Encourage, and Inspire!

