

Western Area

Tacoma Chapter Facet Program Report Form

[PLEASE RETURN THIS FORM TO THE PROGRAM CHAIR & PHOTOS TO THE TECHNOLOGY CHAIR]

TITLE of Activity Memory Books and Journals

LOCATION: Tacoma Urban League Headquarters

DATE: February 14, 2019

Please indicate which facets were involved by placing an “X” in the square.

The Arts

National Trends & Services

Health & Human Services

X Services to Youth

International Trends & Services

• **What will you set out to accomplish by doing this activity, lesson, etc.?**

Overall health and being healthy for adolescents means dealing with changes in their bodies, minds, and friends. Though kids don't always feel they can talk to adults in their lives, being able to journal their thoughts, concerns, feelings, accomplishments, fears and anxieties is an important part of articulating themselves, and building confidence and self-esteem.

• **Please indicate (X) which objective below will your activity partially accomplish?**

- Encourage overall good mental and physical health.
- Build confidence and self-esteem.

Objective 1:

Build confidence and self-esteem.

Objective 2:

Encourage overall good mental and physical health.

• **Inputs** (Resources- *To accomplish your set of activities, you will need the following:*)

- **Discussion facilitator on what journals are and why they're important (benefits of journaling)**
- **Discussion on type of content that goes in a journal**
- **Discussion on journal entries**
- **Journals and art supplies to personalize the journals**

• **Outputs** (Activities- *To address your problem or skill, you will accomplish the following activities :*)

- **Each participant will acknowledgement a recent memory or event that impacted them**
- **Each participant will choose a journal and personalize it with art supplies at the session**
- **Each participant will write their first journal entry, and commit to writing in the journal at least twice a week**

- **Outputs** – (Participation- *Clearly identify the clients who you are serving: students, grade level, parents, etc.)*
- **Adolescent girls throughout Pierce County in underserved populations (middle and high school ages 11-18)**

- **Outcomes** – (Short Term- *You expect that if accomplished, the activity(ies) will lead to the following changes in: __3 weeks __3 months x_1-2 months __1-2 years __other)*

The girls have weekly meetings in which they can actively engage in journal entries and possibly discuss those entries if need be.

- **Outcomes** – (Long Term Impact- *You expect that if accomplished, the activity(ies) will lead to long term societal changes.*)

X Yes ___No.

If yes, state what way:

Students will set aside regular time to articulate their accomplishments, concerns, ideas and fears, and become more confident about coping and sharing their thoughts with peers and adults about:

Parents

Feelings and Emotions

Body Image

Relationships

Families

Friends

Problems

- **Evaluation**

How your activity was measured? Level of engagement and participation in the assessment, writing and creation of journals.

- **Brainstorm potential journal entry topics**
- **Excitement re creating and decorating a journal**
- **Readiness to create the first journal entry**
- Willingness to engage peers in sharing some of journal entry

Explain in percentage or in other measure (size, extent, amount, etc.) the progress or lack thereof that the students made as a result of your assessment.

None of the participants had ever had a journal before.

- **Description of activity participants and attendees (age range, gender, any businesses, etc.):**
- **Adolescent girls throughout Pierce County in underserved populations (middle and high school ages 11-18)**

Classroom or Group:

____ Total number of students served ____ Male 8 Female

Large Event:

____ Women ____ Men

____ Children 2 (Ages 0-12) 4 Teens (Ages 10-18)

2_ Young Adults (Ages 19-24) Senior Citizen Family
 Other (Please specify) Male Females

8_ Total number of people served

American Indian/Alaska Native Asian 8_ Black/African American
 White Hispanic or Latino Other (Please specify)

+30_ Number of members in Chapter

2_ Number of members who participated in this activity

Number of attendees - Included in the number of attendees was an adult male heir-o-link and the great-grandson on a chapter member.

- **Cost of the Activity / Donation**

Projected Budget

\$ \$100

Actual Cost:

\$ approx. 75\$

Was a grant or underwriting obtained? Yes No

If yes, give amount and funding source name(s) and address (es).

Were any in-kind donations/services provided? Yes No

If yes, give amount and funding source name(s) and address (es).

- **Most outstanding qualities of this activity:**

Intimate

Personal

Interactive and private

Artistic

Builds writing skills

Encourages communication

A. Do you think that this activity should be sustained? **yes**

Why **long-term benefits**

- **How did you communicate and publicize the activity.**

Scheduled activity with Executive Director of Tacoma Urban League and Director of Sisters in the City (SITC) (a county-wide girls youth and enrichment group)

- **Documentation: Activity Photographs**

- Camera _____
- Cell Phone **X**
- Film Projector _____
- Other _____

Note: Remember to include photographs/ captions with report.

- **Questions / Concerns**

This event was re-scheduled due to inclement weather. Better weather would have increased attendance comparable to previous activities with this organization.

Service Hour Credits

Members Present 2

Activity/Event 2

Prep. 3

Hrs. / Min

Hrs. / Min

Total

1. Kimberly Green

2. Alyce McNeil

3.

4.

5.

6.

7.

8.

9.

10.

11.

12.