

# BRAINS, BRAWN AND BEAUTY

As Schweitzer Fellows, Ashley and Celeste created Brains, Brawn and Beauty (BBB) as an after-school program to address low self-esteem in adolescent girls. The program was designed to improve mental health outcomes among minority adolescent females by increasing their perceived self-esteem. This was achieved through activities focused on mentorship, peer-based learning, self-reflection and self-discovery. The program was implemented as an apprenticeship through Citizen Schools, a non-governmental organization that partners with middle schools in low-income communities to expand student learning and opportunities.

## OUTCOMES ACHIEVED

Thirty girls from J.W. Neal and Sherwood Githens Middle Schools in Durham participated in the BBB apprenticeship. According to pre and post intervention assessments, 92% of girls reported increases in global self-esteem. In terms of domain-specific self-esteem, greatest improvement was seen in “Social Competence”, in which 83% of girls reported higher self-perceptions. In the Fall of 2015, BBB was recognized by Citizen Schools as an exemplary program for middle school girls in Durham County.



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## IN THE FUTURE

The BBB curriculum has been added to the Citizen Schools portfolio of apprenticeships that can be facilitated by Citizen School volunteers every year. Celeste and Ashley utilize their access to UNC School of Medicine students to recruit program leaders through the Student National Medical Association (SNMA) and other student organizations.



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