

# WYSE TRAINING COMPONENT 2:

## Why WYSE?

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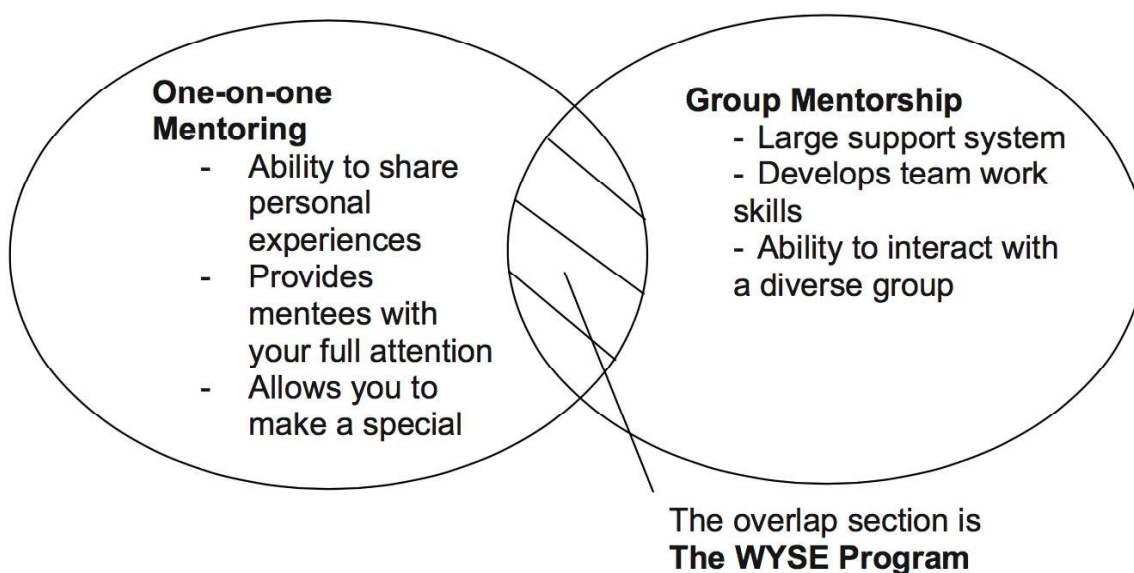
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## Why WYSE Is Unique

### Mentor Training Component: 2. Why WYSE?

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WYSE is a unique program because it combines one-on-one mentoring with group mentorship. This combination allows for many different styles of learning and sociability to be exercised throughout the year.



Studies have shown that mentoring relationships in middle school years help young girls navigate the challenges of peer pressure, succeed academically, and go on to graduate from high school and become employed. Group mentoring has also been shown to help girls better understand and navigate social processes in a safe setting, as well as to develop stronger relationships with the adults in their lives.

WYSE is a curriculum-based mentorship program with a track record of developing young girls' sense of self, commitment to community, and relationship building.

## WYSE by the Numbers

### Mentor Training Component: 2. Why WYSE?

The following data represent the 2018-19 program year:

## 2018-19 Milestones

497	mentees and mentors served by WYSE
198	sessions designed to empower young women
76	young women involved in branch leadership
29,859	hours of volunteer time
11	WYSE branches nationwide
15	middle schools served
137	special events, such as movie screenings, museum visits, empowerment day, college campus tours, ice skating, express yourself day

**Methodology:**

Total number of mentees and mentors are taken from point-in-time counts and likely represent an undercount of the number of program participants. Hours of volunteer time is calculated from the numbers of mentors and branch directors; hours of session by branch; Board of Director volunteer time; and hours spent on training mentors.

## Outcomes

### Mentees

### Mentors

**98%**

I feel that WYSE is a safe space for all mentees.

**98%**

I would recommend being a WYSE mentor to other young women.

**96%**

WYSE helped me be able to take action against sexism, racism, and discrimination.

**95%**

WYSE helped me be involved in my community.

**96%**

I plan to continue my relationship with my mentor after WYSE

**92%**

Training provided by WYSE adequately prepared me to be a mentor.

**96%**

WYSE helped me be confident in my ability to make healthy decisions to achieve my goals.

**86%**

WYSE curriculum materials are good or excellent quality.

**Methodology:**

End-of-year surveys were administered at all WYSE branches and middle schools. Questions were asked on a four-point scale from 1 ("Strongly Disagree") to 4 ("Strongly Agree"). Percentages reflect the proportion of respondents who answered 3 or 4 on the scale.



## ACTIVITY: Five W's of WYSE

### Mentor Training Component: 2. Why WYSE?

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Overview: This activity can be done in small groups, individually, or as one large group. Mentors must think critically about the larger themes of WYSE and write down or brainstorm thoughts for each W. There are no right or wrong answers.

- **WHO:** Who does WYSE work with? Describe the groups of people that WYSE affects.
- **WHAT:** What does WYSE do? What are WYSE's goals (concrete & abstract) and what do we do to achieve them?
- **WHERE:** Where does WYSE work? Describe the types of communities (schools, neighborhoods, cities, etc.) that WYSE affects.
- **WHEN:** What is the importance of working with girls when they are in middle school? What types of issues are specific to this age and how does WYSE address them?
- **WHY:** In your opinion, what is the greater WHY of WYSE? Why does it exist? Why do mentors need it? Why do mentees need it? Why do communities need it?