



Program Overview

Two-Lifestyles, Inc., **W.I.T.S (Women in Transition Supportive-services) program** is here to educate teen girls from age 11 through 17 years old to become healthy leaders of the world. It is our goal as an agency to provide supportive services to all women by engaging, encouraging, educating and empowering them to becoming a healthier individual. Please remember these young ladies are our future we must invest in them.

Following Topics

- **Understanding My Body**
- **Self Esteem**
- **Bullying**
- **Teen Suicide**
- **Mental-Wellbeing**
- **Social Media**
- **Female Reproductive System**
- **Teen Pregnancy**
- **Self Worth**
- **Teen Dating**
- **Teen Mother**
- **Exploitation**
- **Drugs and Alcohol**
- **Teen Dating Violence**

Evaluation

After each class you are obligated to complete an anonymous evaluation form about what you learned in-group today. This is not an English or writing class we just need your honest feedback to better our program. So ladies please feel free to be honest with your thoughts.

Materials

Please bring your pen, highlighter, sheet protectors and binder ready to work, learn and share different strategies for our women in transition.

Milestones

20 Weeks Youth W.I.T.S program

It is mandatory to complete all 20 classes before receiving a completion certificate.

If by an unforeseen reason the class is missed you are obligated to complete with the next round of our youth classes

Confidentially

Due to the nature of our agency you must keep our program address and information confidential at all times. If you have a ride please note that they are not able to stay in the parking lot at anytime for the confidentiality of the other ladies.

If you cannot honor our safety you will be asked to leave and will be terminated from the program.

W.I.T.S Staff:

Office 661-402-3076
 Fax 661-402-3075
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 Website www.twolifestyles.org

Pretest and Posttest Assessment

In measuring the effectiveness of our program in changing long standing youth habits and beliefs, assessment is most often designed to gather information at the beginning and end of the program. It is important to use your assessment that has pretest and posttest versions, which allow measurements of change without the bias of the practice effect.

