



**YEP:** YOUTH EMPOWERMENT PROGRAM

**AWARNES + PREVENTION = SAFETY**

## **WHY YEP**

The YEP program is designed to coach girls aged 10-15 years old and teach them how to improve their confidence, self-esteem and body image. We want to train our little Princesses and give them the right tools to make the right choice when they will grow up. We believe that if we “Train up a child in the way he should go: and when he is old, he will not depart from it. **Proverbs 22:6** King James Version (KJV)

Teenagers who grow up in abusive household will find Domestic Violence normal because they don't have an example at home to help them understand that abuse is wrong.

It is also important to bring the stigma down and make clear to youth that Domestic Violence is not a fatality, it's not because it happened to my mother than it will happen to me.

The YEP program is a preventive program that promotes healthy, respectful relationship in families. Prevention is key because children exposed to D.V:

- Suffer from difficulties with attachment regressive behavior, anxiety and depression,
- May be prone to dating violence, delinquency, further victimization and involvement with the child welfare and juvenile justice systems
- Continuing the cycle of violence into the next generation

The YEP program will operate under three (3) forms

- Prevention classes
- Intervention counselling
- Community outreach

