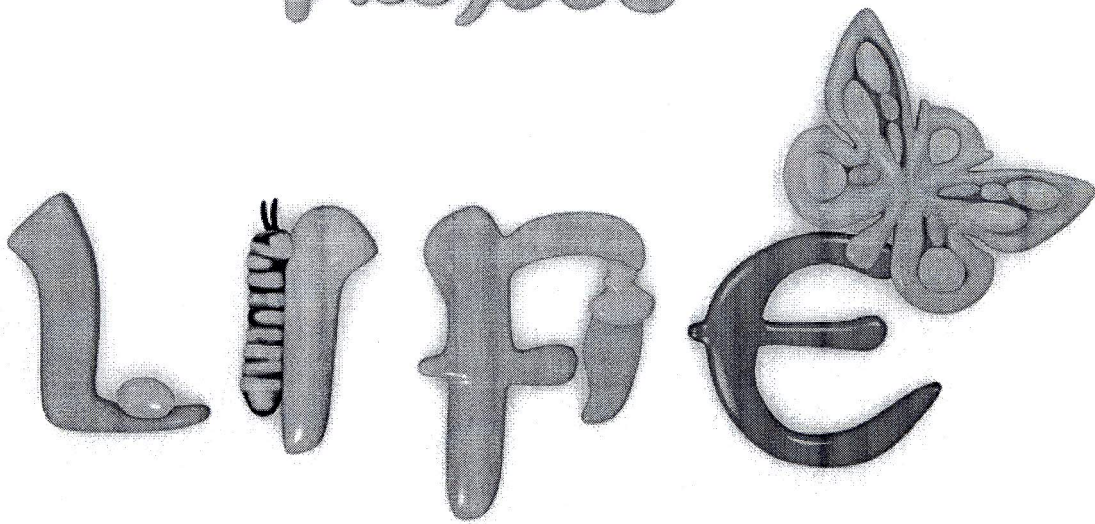


# the METAMORPHOSIS PROJECT



## Updates

Thinking about the future of the program and given the community support, we decided to take a leap and start the process of forming a non-profit organization. Once we have received non-profit status, we will begin applying for grant funding (local, regional, state, federal), with the long-term goal of leasing office space at the Building for Women in Duluth.

We have already secured a place to meet at Peace Church for a year-long session with the butterflies.

We are developing some collaboration with UMD (faculty and the multicultural center) and UWS (faculty and the multicultural center).

## Project Overview

The focus of Metamorphosis Project will shift greatly this year. We will develop a girls' center approach that will allow each butterfly to grow and build skills necessary for self-sustainability. Its goal is to give butterflies the tools to redefine their lives by promoting high academic achievement. In addition, we will work towards redesigning girls' success, envisioning the strength they can unleash for success in life, and encouraging them to invent guiding principles with utmost faith and confidence in their ability to become women of character.

The program will welcome girls from diverse background to work together in an integrated environment support by caring staff. After submission of their application, girls will be interviewed and selected on a commitment to metamorphose self, contribute personal well-being and share a sense of community.

Last school year graduates will serve as committee members. They will assist and advise the program coordinators on activities to develop, build on leadership roles, recruit and mentor the new cohort members.

The program will be offered on the rolling basis – one cohort in the fall (October to December) another cohort in the spring (February to May). The selected 40 girls age varies between 12 yrs to 18 yrs. In each cohort, we will have 20 girls fall and spring. The group will meet once a week for five (5) hours. On Saturday, from 10am - 3pm, a breakfast and lunch will be provided.

In addition the regular curriculum, we will have a butterfly duo read to students in elementary schools once a week.

## **Objective:**

Build a sense of unity and community. The youth will participate in activities that teach team building, leadership, and responsibility to make the choice and fill up a life skills “knapsack” with the correct tools for life.

## **Curriculum:**

We will use a research-based curriculum titled GirlsCircle – we have chosen two curricula for this year

- Honoring our diversity
- Friendship

## **Goals:**

Our goal this year is to promote self-esteem, locus of control, self-efficacy, body image social support and friendship.

### Purpose:

Challenge and support academic endeavors  
Offer opportunities for success  
Experience different cultures  
Develop personal economic power

### Values:

We believe in each girl’s capacity to advance into womanhood and transform into an intellectual woman of character.

### Mission:

Encourage young girls to strengthen self-sustainability, transform into positive role model, nurture self-confidence, embrace self-esteem and transpire self-love.



# Activities & Outcomes

## Honoring Our Diversity

The core curriculum for the butterflies, it will consist in successfully bridging across culture and recognize butterflies varied cultural and ethnic backgrounds emphasizing positive identity and alliance building. The curriculum includes discussions and activities that cover topics such as “Stereotype Busting,” “Beyond Fear,” and “Cultural Treasures.”

## Friendship Segment

This piece will consist in using a groundbreaking kit that shores girls up with strong interpersonal skills and knocks down barriers to pride, confidence, and empathy. It will confront exclusion, intolerance, and feuding.

## Hands-on learning

- The butterflies will create a newsletter that recapitulates their monthly involvement. They will write two articles (personal and with a partner).
  - **Skills developed:** mentoring, writing, friendship, self-talk
- Participate in community events (local universities, DSSO, ...), visits to local museums, volunteering.
  - **Skills developed:** different worldview, cultural awareness
- Time dedicated to homework.
  - **Skills developed:** academic, mentoring, tutoring, self-efficacy
- Once a month plan, a dyad/trio plans a lesson of their choice to present to the group.
  - **Skills developed:** leadership, management, collaboration, assertiveness
- Butterflies will work on their capstone project to present to the community
  - **Skills developed:** leadership, management, coloration, self-esteem, self-image, academic, social support, self-efficacy, locus of control, assertiveness, friendship.
- A duo of butterflies will read to elementary classroom once a week
  - **Skills developed:** leadership, public speaking, communication, time management, social skills.

**METAMORPHOSIS PROJECT - BUDGET 2011-2012**

Number of students for Fall	20
Number of students for Spring	20
<b>Total Number of Students</b>	<b><u>40</u></b>

	Per student	Per week	Fall 2011 (13weeks)	Spring 2012 (13weeks)	Total
Food	\$10.00	\$200.00	\$2,600.00	\$2,600.00	\$5,200.00
Supplies	\$8.00	\$160.00	\$2,080.00	\$2,080.00	\$4,160.00
Speakers		\$100.00	\$1,300.00	\$1,300.00	\$2,600.00
<b>Transportation</b>		\$300.00	\$3,900.00	\$3,900.00	\$7,800.00
<b>Fees/Registration for activities</b>					
Event at DSSO	\$10.00		\$200.00	\$200.00	\$400.00
Event at UWS/UMD/CSS	\$10.00		\$200.00	\$200.00	\$400.00
Activity - Etiquette	\$18.00		\$360.00	\$360.00	\$720.00
Graduation (May 26, 2011)				\$1,500.00	\$1,500.00
<b>Grand Total</b>			\$10,640.00	\$12,140.00	<b><u>\$22,780.00</u></b>

66

## Report 2011 The Metamorphosis Project

### Project overview

Fifteen (15) African American girls, aged 13 to 16, attending Morgan Park Middle School & Central High School will participate in The Metamorphosis Project. Those two schools are targeted due to the high level of physical & verbal confrontation.

### Selection

The Assistant Principal (Vance Hopkins Jr.) at Central High School and Integration Specialists referred the girls.

### Meetings

The duration for the project is 14 weeks (March 9 to June 11, 2011).

The selected group met twice a week for two hours. On Wednesday, from 4pm to 6pm, dinner was provided & Saturday, from 10am - 1pm, a light breakfast and lunch were provided.

### Objective:

Build a sense of unity and community. The youth participated in activities that taught team building, leadership, and responsibility to make the choice and fill up a life skills "knapsack" with the correct tools for life.

### Goals:

- Transform teenagers into ladies
- Make them examples for their families and community
- Teach them life skills to manage their lives
- Conflict Resolution/ Peer Mediation
- Build sense of unity and community in the girls
- Appreciation for their culture and respect for other culture

### Format

Opening ritual

Check-in

Theme introduction

Activities

Sharing of activities

Closing ritual

### Recruitment & retention:

15 girls were selected. 8 were retained.

Girls dropped for a variety of reasons such as:

- Not enough diversity
- Wednesday meeting stressful
- Program not a good match for personal endeavors
- Assault attempt
- Potential homelessness



## Curriculum

	Objective	Overview
Week 1 - Introduction to The Metamorphosis Project	<ol style="list-style-type: none"> <li>1. Butterflies will be able to describe The Metamorphosis Project and their participation in it</li> <li>2. Butterflies will be able to describe some of the main topics they will study during the course of the curriculum</li> </ol>	<p>Butterflies are introduced to the purpose of The Metamorphosis Project, and given an overview of what they can expect to do over the next several weeks.</p> <p>The Metamorphosis Project guidelines are reviewed and discussed.</p>
Week 2 - Becoming a butterfly	<ol style="list-style-type: none"> <li>1. Butterflies will demonstrate understanding of how to become a change agent for self, family &amp; community.</li> <li>2. Butterflies will demonstrate an understanding of their potential as women of character while building appreciation for differences.</li> </ol>	<p>In order to metamorphose in this project, you need to already be on our way toward making a difference, otherwise you would not have signed up for the Metamorphosis Project. Becoming a butterfly and figuring out what your purpose is, invest your time and energy in the right things and pack your knapsack with the things that enable you to have a purpose and prepare to unpack the things that slow your progress. In this lesson, two activities will begin to provide you with skills for metamorphosing by believing your will want to make this community a better place for yourself, families and friends.</p>
Week 3 - Commonalities and Differences	Explore the uniqueness and commonalities of butterflies	Discussion about family values, future goals, school, the changes in the community and the world,
Week 4 - Untangle The Knot	<p>To teach the importance of communication.</p> <p>To create strategies and untangle the knot.</p> <p>To start thinking about the ways we can work collaboratively</p>	Learn to maintain cohesion and respect during group discussion

<p>Week 5 - All About Me</p>	<p>Get to know each other using irresistible poster templates that prompt you to tell about yourself in words and pictures. Butterflies will have a blast filling anything they would like to share and more. Butterflies will build on their self-esteem.</p>	<p>Share interesting facts about self. Encourage butterflies to be creative and speak in public. To foster curiosity in students about others.</p>
<p>Week 6 - Setting group values for sharing</p>	<p>The goal is to understand the values set up for the Metamorphosis Project. Each butterfly will present a value in her own words to help us learn in a safe, respectful and fun working atmosphere for everyone.</p>	<p>Think about how to make a value your own. Refer back to the Metamorphosis Values</p>
<p>Week 7 - Role Models Commonalities and Differences</p>	<p>Explore the differences and commonalities with chosen role models</p>	<p>Use the role models butterfly. Then discuss about family values, future goals, school, the changes in the community and the world</p>
<p>Week 8 - Hula Hoop What's in your backpack</p>	<p>The goal is to build team unity and spirit          To build self-concept, self improvement, self-esteem, self-confidence</p>	<p>Use a single hula hoop around the circle without unlocking their hands</p>
<p>Week 9 - Setting ground rules for group behavior</p>	<p>Understand baseline rules and create five rules to build a respectful foundation of norms for group behavior</p>	<p>Create THREE rules to help us learn in a safe, respectful and fun working atmosphere for everyone. Then rank them from the most important to the least important</p>
<p>Week 10 - Journaling</p>	<p>To connect, listen and reflect within your inner self.</p>	<p>Write the feelings, thoughts, sounds, and images that come over your body when you read or hear the following sentence: "To be unique, you must be irreplaceable."</p>



<p>Week 11 - Role Model Talk</p>	<p>To connect with your role model and illustrate your findings</p>	<p>Answer the following question to help connect with your role model. You can refer back to lesson 7, and remember only use lesson 7 to guide you. please find and cut images in Essence Magazine that make you think of your role model</p>
<p>Week 12 - The plain mirror  Step to the future life map  Create your life map</p>	<p>Develop observation capacity using visual dialogue through movements between butterflies.</p> <p>To visualize one's life up to age 40. Making a conscious effort to picture a positive beginning and identify key elements to make affirming change for the envisioned life.</p> <p>To illustrate "Step To The Future" exercise and clearly visualize where I will like to be at age 40.</p>	<p>Each butterfly looks directly into the eyes of the butterfly facing them. The idea is to seek perfect synchronization of movements. All movement should be slow, so that the image may be able to reproduce and even anticipate each movement</p> <p>Follow the set up to help envision the steps of life</p> <p>Create a life map</p>
<p>Week 13, 14 &amp; 15</p>	<p>Graduation To share with family members what we have learn and as a collective recognize and thank our support system</p>	<p>Research, organizing and preparing for final project Community invited to witness transformation. Celebration as a village</p>

**Highlight of events**

- UMD's fiesta
- The Minnesota Coalition for Battered Women - 2011 Teen Leadership Summit: "What Violence???" How stereotypes about gender, sexuality and race teach us to accept violence
- Teens closet
- Valentini's
- The Radisson
- Gradutation