



LA MARIPOSA

LA MARIPOSA, A PERSONAL EMPOWERMENT PROGRAM FOR ADOLESCENT LATINAS

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La Mariposa will teach girls valuable skills that will:

- Assist girls in exploring the impact of the values, norms and beliefs that impact them in their lives, especially those that present barriers
- Address challenges with assimilating to a dual-cultural life
- Help girls develop healthy relationships and personal empowerment abilities
- Provide girls with an understanding of the value and importance of education in the development of their aspirations
- Reinforce a sense of pride and connection with Latina culture

By engaging girls in twelve interactive workshop sessions, where facilitators teach personal empowerment skills (JARS – Journaling, Affirmations, Personal Rules and Setting Goals), girls will learn about the power within and the ways in which they can lead the direction of their lives. All workshops are facilitated in a relational, strengths-based, trauma informed and culturally competent manner.

THE HISTORY OF LA MARIPOSA

Nancy Roldán Johnson, Author and Founder of *Together for Latinas*, developed the curriculum to support the positive life development of young Latina girls. As a Latina woman who struggled herself as a teen with the challenges of living in a western culture while still wanting to embrace Latino family and cultural values, she embarked on a mission to create La Mariposa to celebrate and empower young Latinas by providing role models and introducing powerful life skills for personal excellence. The goal was to improve outcomes for struggling, low-income, first and second generation Latina girls ages 12 to 18.

Grant funding received from the Annie E. Casey Foundation and Hispanics in Philanthropy Funders' Collaborative for Strong Latino Communities made it possible for her to partner with experts in the field of gender responsive programming to successfully develop the curriculum.

In 2017, Nancy transitioned in her own life and *Together for Latinas* concluded their work. However, Nancy understood the power of the tool she had written in *La Mariposa*, and approached One Circle Foundation to keep it alive and available to the public.

We, at One Circle Foundation, immediately recognized that the spirit and principles of this guide were a natural fit for One Circle Foundation and *La Mariposa* now creates a beautiful symbiosis with the existing *Girls Circle*® curricula. We are honored to offer it to providers and agencies that work with and serve Latina girls.

12 WEEK CURRICULUM OUTLINE

- SESSION 1:** **Nuestro Mundo / Our World - Group Introduction**
Introduction To The Program Purpose, Leaders' Story, Establishing Group Culture
- SESSION 2:** **Mi Mundo / My World - Journaling** (J)
Introduction To Journaling and Gratitude Practice
- SESSION 3:** **Mi Vida / My Life**
Story of La Mariposa, Guided Visualization: Mi Vida en 5 Años / Me in 5 Years
- SESSION 4:** **Mi Futuro / My Future**
Development of A Vision Board and Sharing Presentation
- SESSION 5:** **Mi Verdad / My Truth - Affirmations** (A)
Power of Positive Self-Talk and Affirmations
- SESSION 6:** **El Que Dirán/ What They Would Say – Personal Rules** (R)
Messages in Girls' Lives, Rewriting Messages, and Establishing Personal Rules
- SESSION 7:** **¿Que Quiero Yo? / What do I Want? - Gender Roles & Wellness**
Practicing Personal Rules and Guided Meditation
- SESSION 8:** **Mi Realidad / My Reality**
Gender Role Expectations – Stomp it Out and Mi Verdad/ My Truth Poem
- SESSION 9:** **En La Lucha / In The Struggle**
Arbol de Mi Vida /The Tree of Me
- SESSION 10:** **Soluciones! / Finding Solutions!**
PODER Problem Solving Worksheet, Lavar Mis Manos/ Wash My Hands
- SESSION 11:** **¿Porque No Yo? / Why Not Me? –Setting Goals** (S)
Career/Interest Survey and Mis Metas - Goal Setting Activity
- SESSION 12:** **¡Si Se Puede! / I Can Do Anything!**
Practicing JARS, Mi Regalo – My Gift Sharing Activity, and Certificates & Celebration!