



STRONG WOMEN STRONG GIRLS

A mentoring program connecting elementary schoolers, CMU students, and professionals in Pittsburgh through the shared experience of womanhood.

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The Problem

Inside everyone is strength, creativity, inquisitiveness, and a powerful voice. However, many female-identifying and gender non-conforming individuals are up against societal obstacles that can limit their development and prevent them from reaching their full potential. Up until the age of 12, there is no difference in confidence levels between boys and girls, but by age 14, girls confidence levels drop by 30%.

Our Solution

Strong Women Strong Girls combats these forces by connecting three generations through mentorship, and providing a supportive environment in which young folks can connect with others whose experiences also align with womanhood. Our innovative program combines the power of mentoring relationships with a research-based curriculum built on the stories of strong female role models to bolster the confidence and skills of girls, young women, and non-binary individuals.

115

mentees served in
Pittsburgh

97%

of our mentees feel a deep
sense of belonging at SWSG

27

active mentors from
Carnegie Mellon



Our Objectives/Goals

1. Build positive relationships between multiple generations
2. Boost confidence levels of young girls and non-binary individuals
3. Equip women with leadership and teamwork skills

Challenges

1. Short-term economic, societal and public health implications of the COVID-19 pandemic on schooling
2. Teacher, staff, mentee and volunteer fatigue and burnout

Future Work

1. Continue to expand the number of sites and mentees we serve
2. Increase diversity, equity, and inclusion within the chapter, with a focus on antiracism, gender inclusivity, and accessibility