



SHEWISE

iMatterToo Programme

"iMatterToo" aims to provide young South Asian girls with the tools to navigate the significant challenges affecting their well-being and personal growth today. We believe that "iMatterToo!" serves as the crucial component that has been missing in the current education curriculum. Our innovative approach to learning empowers young South Asian girls to acquire the skills and knowledge necessary to achieve their maximum potential. Central to the program is the enhancement of their comprehension of cultural heritage and the potential generational trauma that may persist within their families, having migrated for three generations.

The project's primary objectives encompass the integration of nine key elements:

- Exploration of both cultural heritage and Western values.
- Cultivation of awareness concerning generational trauma, encompassing family history and parental experiences.
- Advancement of insights into the mental health taboos prevalent in South Asian communities.
- Establishment of healthy relationship boundaries through effective communication. Identification of constructive and detrimental responses to adverse encounters. Development of coping strategies and mechanisms to address mental health challenges.
- Recognition of the repercussions associated with unhealthy coping mechanisms, such as substance abuse and toxic relationships.
- Emphasis on self-care and its significance in how we treat ourselves and teach others to treat us.
- Fostering of confidence and self-worth.
- Education about gender inequalities and their societal impact.

The program will employ a diverse range of methods, including storytelling, role play, art therapy, one-to-one peer support, group discussions, activities, videos, and worksheets. These techniques are intended to effectively guide and inspire participants in their journey to explore, comprehend, and enhance themselves and their relationships. Through these approaches, participants will be empowered to collaboratively address specific challenges they encounter.

FOR FURTHER INFORMATION PLEASE CONTACT US ON:

T: 0333 1881 505 **E:** info@shewise.org **W:** www.shewise.org

Registered Charity no. 117981

