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Capstone Paper '20  
Kamal Advisory

### Women4Women

When you are born into a broken home, you automatically think of life differently. You wonder, while growing up, why your parents allowed you to come into this earth without a dime to their name. As a child, I already knew I wanted to make a difference in the world I was born into and realized that I wasn't born into a purposely broken home, but a world who broke that home. This is how I knew what I wanted to do. I founded a nonprofit called Women4Women. This non-profit was made to help those born into broken homes or even women who simply lost their way on their paths of being beautiful butterflies. I use this analogy to reference the path that women take in their lives until they reach their full potential. I wanted to advocate for women that are surrounded by brokenness and loneliness at times without having the love for themselves or others around them.

Women4Women is the name I chose because I want my team, just as myself as a young woman, to help other women. I immediately fell in love with the name. I used SLA's core value of collaboration for this, where I sat down with my close female friends and went over what I wanted to do and how I wanted to do it. Together, we came with the name as well as the mission and vision for the non-profit.

Women4Women's mission:

Our mission is to cultivate self worth within the young women in our community and establish relationships to help those already incarcerated or previously incarcerated.

Women4Women's vision:

Our vision is to prevent women incarceration within low income communities.

For my capstone, I wanted to do something that hit close to home. My biological mother lived in a neighborhood where she was only taught how to fend for herself in ways that a young woman shouldn't have to. These ways involved her selling herself, giving her very low self esteem issues and led to her using opioids to *feel*. Soon after, she began her journey in and out of Philadelphia's incarceration system. I founded the non-profit to prevent other young women from going through that.

My project addresses SLA's core values in the following ways:

**Inquiry:** My question was how I will cultivate self worth in young women with an event that tackles many issues at once.

**Research:** I researched what self worth was, how to promote, and a lot more. I found resources in Braskem to be able to fund my event. I planned my event in detail of exactly what I wanted to do, how and when I wanted to do it. I researched mental health as well and found therapists that could be at the event in case of any situation. I ended up still finding a way to help my community. I did an instagram poll to find families that were in need of food and cash assistance in Philadelphia, and with help, I was able to supply those needs to about 10 families.

**Collaboration:** I collaborated with my peers as previously mentioned. I collaborated with my Advisor Kamal to ensure I was doing the right thing with Braskem. Braskem was a huge collaboration with having my mentors. I still can't believe that we didn't have enough time to fully be able to produce the event. Due to Corona, I was motivated to still help my community and collaborated with community leaders to give out food to families in need.

**Presentation:** I created a presentation for Braskem in order for me to receive funding. My

presentation was going to be an event. However, with CO-VID 19 the event was cancelled. I was unable to fully present my project how I wanted to.

My reflection is the following. I learned so much from this process; how to plan an event, how to put together a presentation in front of important people, and so much more. I'm proud that I was able to fulfil my goal of having a nonprofit. I wanted and still want to do things for my community. If I could do my capstone all over again, I would start earlier that way I would've been able to have self worth meetings at the school and help the younger classmen at SLA. SLA is a better place because I was always determined to help my peers. I made sure to let my voice be heard in the classroom and my ideas/opinions be in a place where it was accepted. I accepted others just as they accepted me and if I could choose a high school all over again, it would still be SLA. What I am most proud of, is my senior class. We were determined to end strong and we did; each with different capstones, but united as the Class of 2020.