

WHAT'S THE 4-1-1

Hey Distinct Family!

If you were unaware, March was Women's History Month & Social Work Month. This is so important to us because we are empowering our teen girls to recognize their own personal **DISTINCTION** as they will soon be navigating this world on their own as young adults. This month was filled with engaging activities, such as a job interviewing workshop where the girls had the opportunity to roleplay being the interviewee. Storms of Defense hosted our self defense workshop to teach our girls basic self defense tactics. We also visited a hidden gem in Germantown, called the Colored Girls Museum to celebrate the "average black girl" and learn more about our culture. We ended the month with a bang at Dobbins Technical High School. Our Founder, Alex, facilitated a workshop on having "Big Energy" with freshmen girls at Dobbins High School for their "Empowerment Series."

Thank you to those who have donated this past month and supported through posting us on social media, shared this program with their network, and have volunteered their time. Your support does not go unnoticed!

"It was when I realized I needed to stop trying to be somebody else and be myself, I actually started to own, accept and love what I had."
- Tracee Ellis Ross

DID YOU KNOW...

In a recent Pew Research Center survey, 42% of women said they'd experienced gender discrimination at work. They also face the "motherhood penalty," in which women earn less money after they become mothers while men who become fathers actually earn more. These prevailing inequities are exactly why Women's History Month, which is recognized in March, matters so much.

(womansday.com)

SHOUTOUT CORNER

We are so proud of our current participant, Starre' for presenting a community project regarding Mental Health in front of a panel of professionals at the Y Achievers Teen Leadership Program.

She and her partner were runner-up, which ultimately provided her the opportunity to sit on the board of the Greater Philadelphia YMCA as a teen board member.

Congratulations, Starre'!

A LOOK BACK AT MARCH



**JOB INTERVIEWING
WORKSHOP WITH
NICOLE ANDERSON**



**TRIP TO THE COLORED
GIRLS MUSEUM**



**SELF DEFENSE
WORKSHOP WITH
STORMS OF DEFENSE**



**“BIG ENERGY”
WORKSHOP AT
DOBBINS HS
“EMPOWERMENT
SERIES”**

LOOKING AHEAD

- 4/16** - Yoga & Body Wellness
- 4/30** - Family Roller Skate
Fundraiser (purchase tickets on our website)
- 5/4** - Sex Ed Workshop
- 5/21** - Body Image & Tik Tok Fun

DISTINCT IMPACT

“I appreciated Storms of Defense transparency today and giving us tools that sometimes we do not learn in our household.”

- Daija
(MTD's Ambassador/Alumna)

MAKE A DIFFERENCE

Do you know someone who would appreciate our mission and would like to learn more about our program? We ask that you forward this newsletter to any individuals, businesses, or organizations in your network.

FOR MORE INFORMATION:

 contact@makethedistinction.org

 www.makethedistinction.org

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