

Our national outlook . . .

Between 1992 and 1996, the number of female juveniles arrested for violent crimes increased 25 percent ... arrests of male juveniles for the same offenses in the same period did not increase at all.

Juvenile Justice Journal: Investing in Girls: A 21st Century Strategy. Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice.(1999)

Research demonstrates that girls in the delinquency system have histories of physical, emotional, and sexual abuse; have family problems; suffer from physical and mental disorders; have experienced academic failure; and succumb more easily to the pressures of domination by older males.

Justice by Gender: The Lack of Appropriate Prevention, Diversion, and Treatment Alternatives for Girls in the Justice System. American Bar Association and the National Bar Association. (2001)

In the District of Columbia . . .

In 1992, young women represented 41 percent of the youth admitted to detention. Furthermore, they represented 39 percent of the youth committed.

Female Offenders in the Juvenile Justice System: Statistics Summary. Office of Juvenile Justice and Delinquency Prevention, U.S. Department of Justice. (1996)

Of the young women coming into the juvenile justice system, 60 percent have sexually transmitted diseases at admission.

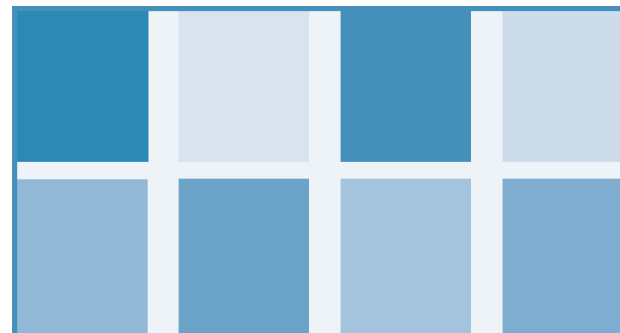
D.C. Board of Parole (1994)

For more information on girls in the juvenile justice system, visit <http://www.buildingblocksforyouth.org/issues/girls/studies.html>.

Brochure Design by Sonya D. Springfield



78 U Street NW
Washington, D.C. 20001
(202) 332-7121
YLOT_1@msn.com



**Help us close
the revolving door
of the juvenile justice system.**

When a girl rediscovers her personal worth and recognizes the depth of her potential, she will govern herself accordingly.

About YLOT

Ever since its founding in 1993, Young Ladies of Tomorrow, Inc. (YLOT) has worked with pre-adolescent and teenage girls (ages 9 - 17) who have encountered the juvenile justice system. In hopes of redirecting their course toward meaningful and productive futures, YLOT offers counseling, therapeutic recreation, job training, mentorship, and other services/opportunities for its participants. When a girl comes to YLOT, our first objective is to identify the root of her "issue." Through relevant, creative, and personalized potential solutions, YLOT helps each participant work through prior emotional and/or physical abuse, intimacy with street life, teen pregnancy, addiction, or poor self-esteem. YLOT seeks to reduce recidivism, detention rates, and the number of program participants receiving referrals for service in the juvenile justice system.

Health & Wellness

YLOT is committed to both the physical and emotional well-being of its participants. To that end, the organization encourages physical fitness and proper nutrition. It also serves as a safe haven where girls can freely and confidentially discuss or question their sexuality, sensuality, private and public health issues, family, friendships, conflict, and other concerns. Trained counselors, offering both individual and group counseling, are always on hand to assist and support YLOT's participants in the building of a positive self-image and to answer any questions. YLOT also offers health counseling to help girls have knowledge and understanding of preventative health care to reduce teen pregnancies, sexually transmitted diseases, and drug abuse. Finally, to decrease stress and to offer a basis of moral grounding, YLOT participants are encouraged to explore spirituality and faith. Our larger health and wellness goal is to indoctrinate healthy behaviors in all areas of our girls' lives.

Tutoring & Job Training

Preparing girls for the future is a responsibility YLOT takes seriously. We challenge our girls to set achievable short and long-term goals that will expand their skill set and help them prepare for productive, self-sufficient futures. In addition to providing tutoring services geared toward helping girls achieve academic success in their school careers, YLOT offers job training and workshops to help girls prepare for professional success. Workshop topics are varied and may include résumé/cover letter writing, interviewing skills, appropriate dress, responding to authority, capitalizing on strengths, embracing workplace diversity, interpersonal/teamwork skills, and other subjects that prepare youth for workplace realities. YLOT also strives to secure internships and other work assignments for YLOT participants.

YOU CAN HELP!

Call 202-332-7121 for complete information on financial contributions or volunteer opportunities. All donations of time or money are appreciated.

Financial Contributions

YLOT is a youth development program operating exclusively for educational and charitable purposes. It is classified as a not-for-profit organization under 501(c)(3) requirements. Send your tax-deductible donation to 78 U Street NW, Washington, D.C. 20001.

Volunteer Opportunities

- Become a YLOT mentor! Mentors commit to two activities per month for a minimum one-year term.
- Use your talents to support YLOT programs! Apply to become a youth or group counselor, guest speaker, web designer, driver, grant writer, or other staff volunteer.
- Interview YLOT participants for an internship or community work assignment at your local business.

Mentoring

The one-on-one relationship that each YLOT participant has with her caring, community mentor helps the girls build confidence, improve self-esteem, correct negative attitudes toward school, develop a strong work ethic, and organize for future success. The mentor serves as an example, friend, listener, cheerleader, coach, tutor and confidant to the YLOT participant for an extended period of time, motivating and supporting her mentee throughout various challenges. A committed, trusting relationship is built to ensure that the YLOT participant has an ongoing positive influence in her environment as she begins to develop her sense of self. Mentors are volunteers who have been carefully interviewed and screened by YLOT staff before they are allowed to interact with the girls.

Therapeutic Recreation

YLOT understands that activity can be an essential piece in the restoration, remediation, and rehabilitation of girls with depression, stress, anxiety, low confidence, poor socialization, and high dependency. These issues may be alleviated through arts and crafts, sports, dance, drama, music, community outings, cultural awareness, and other activities. Through their interaction with therapeutic recreational activities, girls often discover new interests, talents, and capabilities that motivate them to improve their overall cognitive, physical, social, and emotional functioning. These experiences also give YLOT participants an opportunity to practice in real-world settings the appropriate social skills they learn during workshop sessions. Finally, YLOT integrates its girls into the larger community through volunteer service, which gives YLOT participants direct experience in contributing to and enhancing their communities.