

PowerCamp July 2010

Survey Analysis

Introduction:

The YWCA Halifax's all-girl PowerCamp operates as the only altogether inclusive and free of charge day camp in the Halifax Regional Municipality. Affiliated with PowerCamp National (Girls Action Foundation) and designed with the YWCA Halifax's goals and mission in mind, the YWCA PowerCamp offers young women a chance to come together in an all female environment to address issues both specific and relevant to them in a powerful action orientated educational experience. July 2010's PowerCamp engaged a total of thirty nine youth ages twelve to seventeen with a series of interactive and educational workshops promoting positive self image and individual wellbeing.

Method:

An entrance and exit survey has been completed by each female youth participant. Youth population's age range remains between 12 and 15 years, each of which is enrolled in the September 2010 school year. Entrance surveys from week 1 and week 2 have been combined, as well as exit surveys from week 1 and week 2 to determine percentages. Please refer to the Camp & Individual Assessment Summary for further details.

Outcomes:

- Before participating in PowerCamp, 26% of participants indicate feeling comfortable when speaking in front of a group about issues important to them. Following camp activity which reinforced open dialogue and group presentations, **89% of participants express an increase in their abilities to speak in front of a group about issues important to them.** A 45% increase has also been noted in comfort levels when confiding in peers, rising from a 40% average to an 85% average from beginning to the end of camp activity.
- **93% of PowerCamp participants developed and maintained high expectations of them selves** after participating in various workshops. When asked earlier only 60% of participants expressed high expectations of themselves.
- Preceding camp explorations, 58% of youth girls accepted themselves as changing, growing persons capable of empowerment. **Following interactive and empowerment based curriculums, averages rose an astonishing 37% to 95% of all participants indicating capabilities of empowerment.**
- Before camp commenced all participants were asked to select an appropriate skill or attitude in which they would like to improve on while attending camp. Out of the 39 participants, 36% indicated an interest in meeting new friends while 21% expressed an interest in increasing self confidence. The majority of 43% stated that they would like to simply "have fun" and "enjoy themselves." **As indicated on the exit survey, a total of 89% of all youth participating state that they have worked on and/or**

achieved their previously stated goal. Alternative goals which have been achieved by participating youth include increased comfort levels and reduced anxiety when communicating with peers, maintained positivity, and the ability to recognize and assist those less fortunate.

- ▶ When asked what was learned as a result of PowerCamp, 67% of youth conveyed new approaches and strategies when building friendships, while 33% discovered individual potential while trying new things.
- ▶ Before taking part in the YWCA PowerCamp, only 31% of youth girls ages 12 – 17 were aware of the variety of youth programs offered by the YWCA Halifax. By the end of camp a total of 77% of participant's recognized programs offered by the YWCA Halifax, thus showing an increase in the familiarity of youth services offered by the organization.
- ▶ Random Acts of Kindness served as an appropriate activity as it promoted individual wellbeing and caring for others. Only 38% of youth girls described Random Acts of Kindness as something they were familiar with before camp enrolment. After engaging in many acts of promoted camp kindness, 69% of girls insisted on continuing such acts following the conclusion of camp.

Conclusion:

Although PowerCamp 2010 has proven great success, participant feedback has surfaced various suggestions in hopes of enhancing the YWCA PowerCamp experience. Participants suggest including more Random Acts of Kindness in camp curriculum and lengthening the duration of camp. All participant feedback and testimonials remain extremely positive, thus proving further individual interest in YWCA Youth programming.

Now Let's Hear it From the Girls!

"All the activities were new to me but all wonderful. Everyday I went home telling my mom that I wanted to do something new in my life."

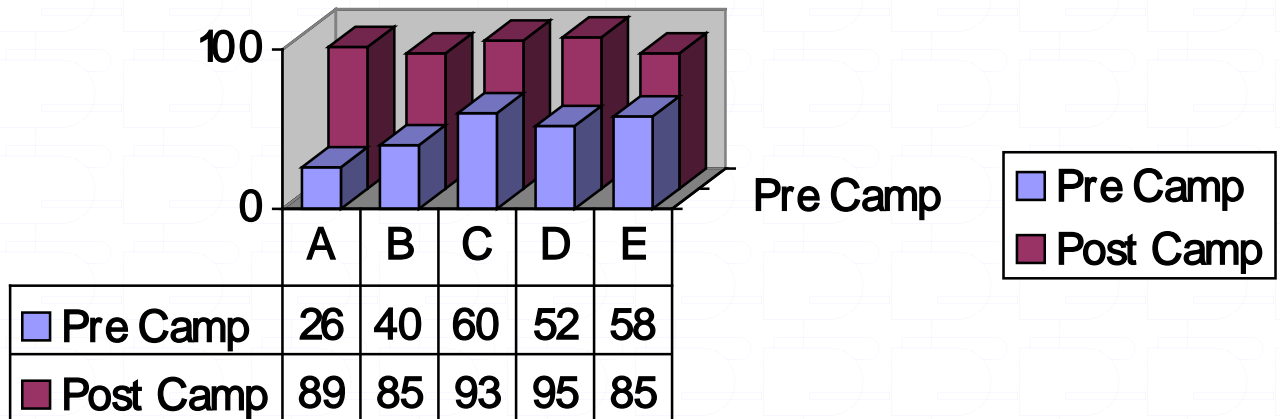
"I wanted to have a better self esteem and to make better decisions and to just have fun. My self esteem is way better now, I am not as shy as I was before and I had lots of fun!"

"I know that girls have the ability to do the same things men can do."

"PowerCamp taught me to be the best that you can be!"



YWCA PowerCamp Survey Summary



Note: All numbers are percentage values

Survey Summary Questions (Including both Entrance & Exit)

- A) I feel comfortable talking in front of a group about issues important to me.
- B) I feel comfortable sharing my opinions with peers.
- C) I have developed and maintained high expectations of myself.
- D) I accept myself as a changing, growing person capable of empowerment.
- E) I feel that the workshops/activities within PowerCamp are relevant to the issues and interests important to me.