



*MyPower is now the largest
youth development program in Lea County.*

February 2017

MyPower, Inc. Background and Progress

Since 2010, *MyPower, Inc.* has worked with more than 4,500 5th – 8th grade girls in its *MyPower* Elementary Mentoring Circles, the *MyPower* Middle School Edition, and *MyPower*-Quantum Leadership Camps to empower girls to make wise choices, set goals, succeed academically, and avoid teen pregnancy and risky sexual behavior. For the 2016-2017 school year, *MyPower* has 831 students in the three Hobbs' middle schools and Caton Middle School (Eunice). Spring Circles for 5th grade girls as of January 2017 has 208 5th grade girls in its 12-week Mentoring Circles program in eight elementary schools, with the most recent expansion into Jal Elementary School. We have 97.2% of 5th grade girls enrolled and participating. We had four camps with 344 girls throughout Lea County who attended the *MyPower*-Quantum Leadership Camps in late July 2016.

Recent teen pregnancy statistics released by the New Mexico Department of Health are encouraging for Lea County. Rates are down significantly from 2009; however, as late as 2011, Lea County's birth rates for 15-17 year old remained at the top for New Mexico. Reductions in the 2013 data show Lea County dropping to third in this category. The Hobbs Municipal Schools (HMS) previously announced a huge drop in the number of pregnant high school girls, a 20-year low, despite a record number of students enrolled in HMS.

Changes to the HMS sex education program for 7th – 10th graders were implemented in spring 2013. This change to Abstinence PLUS information, evidenced-based programs was exciting news for the Hobbs community. Science and health teachers teach factual information, and parents are able to "opt-out" their children from the program. *MyPower* advocated for this change, and commends the HMS Board for implementing the new policy.

MyPower Offers Three Quality Programs to All Girls at NO-COST:

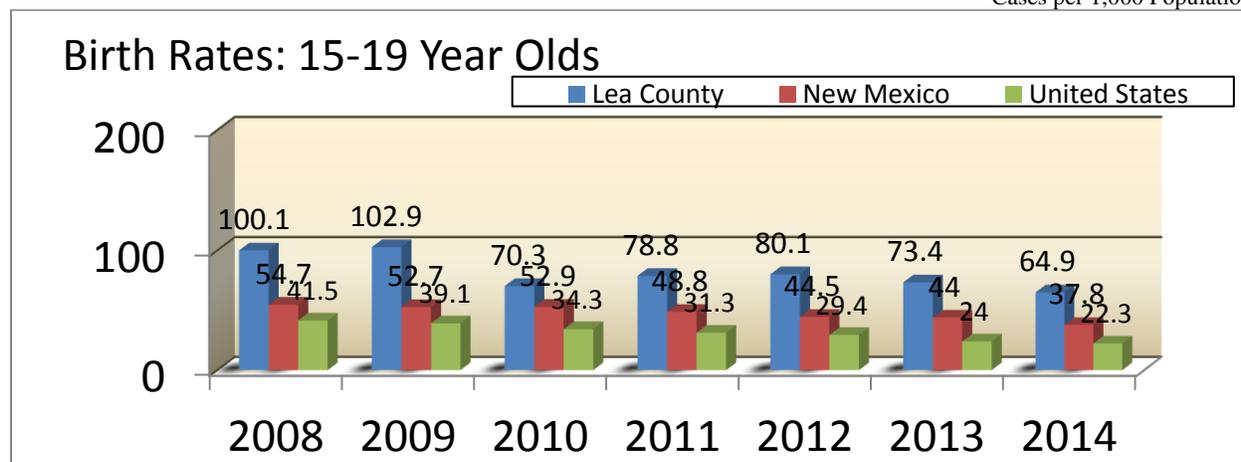
- *MyPower*'s **Mentoring Circles** work with girls in their last year of elementary school (5th grade) and have grown to the following eight elementary schools: Southern Heights, Jefferson, Will Rogers, Broadmoor, Edison, Jal Elementary, Mettie Jordan (Eunice), and College Lane. These Circles are held after school, once a week, for 12 weeks. 50 women volunteer their time to make this program possible each year. As of January 2017, 208 girls are participating.
- *MyPower*'s **Middle School Edition** has 831 students as of January 2017 who are participating in our seven session program in the three Hobbs' middle schools and Caton Middle School (Eunice). These sessions are held during the advisory/home room period and offer an energetic and inspiring study of the Quantum Learning Keys of Excellence

and real life scenarios. These sessions are facilitated by *MyPower* staff and trained volunteers for 6th, 7th, and 8th graders.

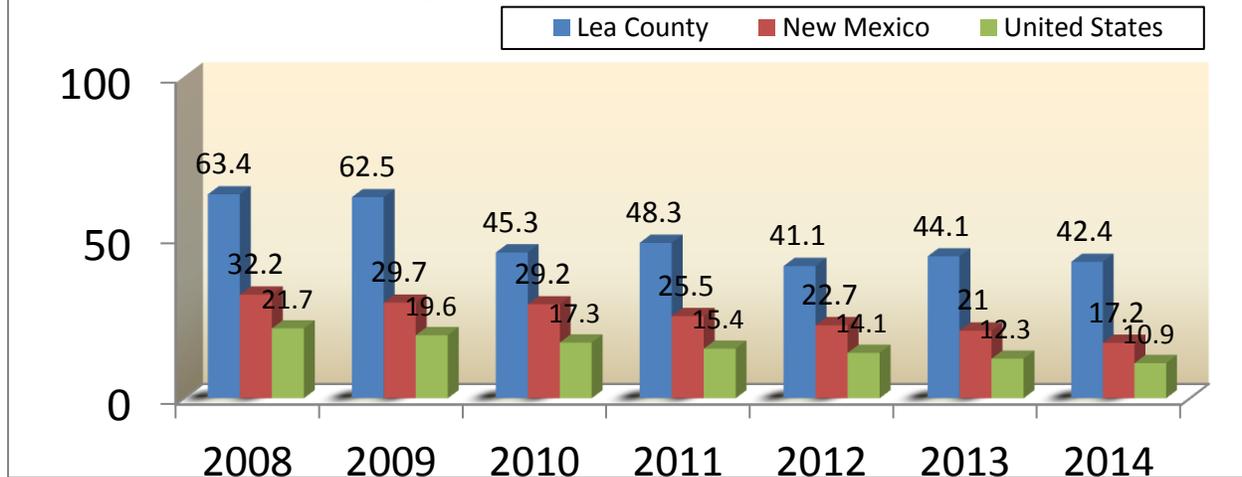
- ***MyPower* Quantum Leadership Camps** have had 1,435 middle school girls participate in exciting life skills and academic strategy camps at the University of the Southwest campus, Hobbs High School, Freshman Commons, and the Training Center since 2010. These annual camps are held in late summer right before school starts. Quantum Learning Network of California facilitates the camps, with *MyPower* providing all logistics. Many of the hired facilitators are teachers, providing them hands-on teaching strategies to later implement in their classroom. In July 2016, *MyPower*-Quantum Leadership Camps had four camps simultaneously for 344 students in the 6th, 7th, 8th and 9th grades.
- **The Alarming Statistics for Lea County:**

MyPower was founded in 2009 specifically to address Lea County's alarming teen pregnancy and STD rates. For years, Lea County ranked #1 in both the 15-17-year-old and 15-19-year-old teen birth categories in New Mexico. New Mexico has consistently moved between 1st and 3rd place nationally, as of 2016 New Mexico ranks #4. The U.S. leads the industrial world in teen births. While rates are down in Lea County there is still a long way to go.

New Mexico Indicator-Based Information Systems (NM-IBIS), 2016
Cases per 1,000 Population



Birth Rates: 15-17 Year Olds



Community Impact:

High teen pregnancy rates hurt communities, as less than 1/3 of teens who begin families before 18 ever complete high school; only 2% of teen mothers complete college before age 30; and the children of these parents are often not ready for school themselves and are more at risk for child abuse. In New Mexico, the gross impact of teenage parenting is more than \$100 million annually. (Source: The National Campaign to Prevent Teen Pregnancy) Single women who have a baby during the teen years are also at a high risk of poverty. Nationally, only 6.7 percent of 15-17-year-old mothers are married. None of the 15-17-year-old girls who gave birth at Lea Regional were married. Only 10 of the 18 to 19-year-old girls in 2014 were married, or 9.5 percent. (Nationally, 16 percent of 18-19-year-old mothers are married.) National groups use marital status as an indicator of family stability and health.

MyPower, Inc. Founded in 2009 to Empower Pre-Teen and Teen Girls:

MyPower's program is Abstinence PLUS information, and is designed to help empower girls in grades 5-8 to successfully navigate the teen years by empowering them to make wise choices, set goals, succeed academically, and avoid risky sexual behavior and teen pregnancy. These youth development programs provide girls with straight talk about issues they will face as they enter the teen years. *MyPower* uses tools such as refusal skills, training and practice with real life situations to prepare these girls.

Specifically, our **Abstinence PLUS Information** curriculum works to empower girls to think about their goals, and it presents very straight talk concerning sexual issues, including basic facts of life, the importance of waiting, teen STD and teen birth statistics, how to prevent STDs, birth control options and the facts about common myths. *MyPower's* straight talk and Abstinence PLUS Information mentoring programs give girls the answers to their questions about the consequences of risky sexual behavior. *MyPower* utilizes area nurses and doctors who volunteer their time to present the anatomy and facts of life sessions, as well as the teen pregnancy and STD issue in the community.



MyPower Circle girls now in High School!



MyPower Quantum EAGLE Camps

Parent Meetings are an Essential Part of MyPower:

Each year, *MyPower* meets with more than 1,000 parents and community members about the alarming STD and teen birth rates in Lea County. For parents, *MyPower* distributes straight forward materials from the National Campaign to Prevent Teen Pregnancy that provide advice on talking to children about sexual issues.



MyPower Circle girls at Jefferson



MyPower Middle School Edition at Houston

MyPower's message is that it takes an entire community to address this crisis – parents, schools, churches, our political leaders, and committed volunteers. The City of Hobbs, the Lea County Commission, the J. F Maddox Foundation, Chevron North America, URENCO USA, the MyPower Board of Director members, the Stevan and Cynthia Pearce Foundation, Watson Truck & Supply, and many local businesses and individuals have stepped up to help fund our programs. (Businesses named have contributed more than \$15,000. Please see “Passing on the Power.”).

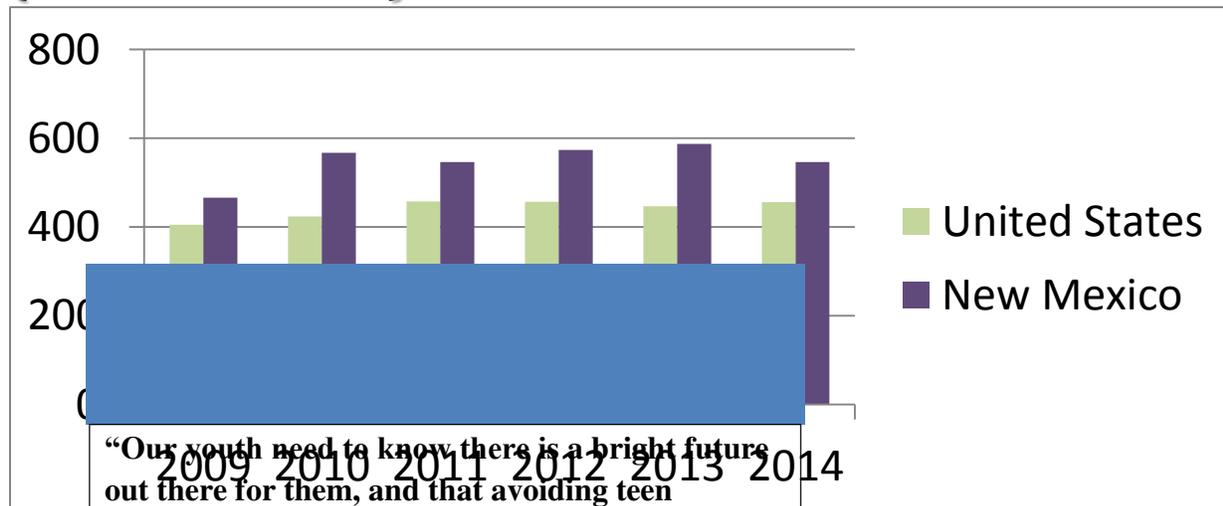
MyPower also commends the Hobbs Municipal School Board for adapting a sex education policy of Abstinence PLUS Information Comprehensive Sex Education with instruction in 7th-10th grades.



Sexually Transmitted Diseases Among Teens at Epidemic Levels

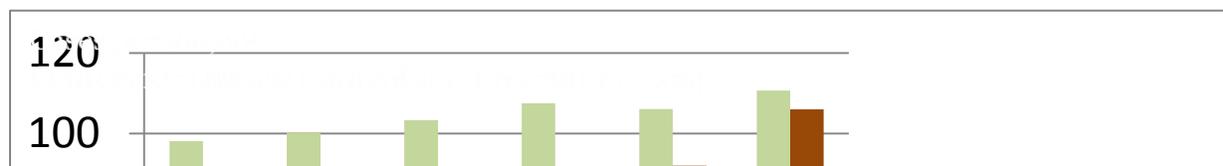
FACT: Despite the fact that Sexually Transmitted Diseases for teenagers in Lea County are below the state rate, these are still at epidemic rates. Long-term health issues can result from a lack of treatment. Girls are often non-symptomatic for many STDs, and these diseases can result in health issues like long-term pain, sterility and even cancer. As late as 2011, Lea County’s teen rates for STD’s exceeded the state rate.

New Mexico ranked #4 in the nation for Chlamydia in 2013 (Most common STD)



Cases per 100,000 population for pregnant and/or risky sexual behavior will help them reach their goals.” said Elaine Sena, Executive Director of *MyPower*.
Nmhealth.org, 2016
 Center for Disease Control and Prevention, 2016

Gonorrhea: On the rise! New Mexico cases increased by 14% from 2013-2014



Cases per 100,000 Population
Nmhealth.org, 2016
Center for Disease Control and Prevention, 2016

Comments from parents who sent their daughters to the *MyPower Mentoring Circles*:

“I would recommend this program to ALL girls. This program has opened the doors to conversations that my daughter should have had a long time ago. It made it easy to talk to about issues that she is facing and will face”.

“I wish I would have had this opportunity in school. They learn so much about themselves and who they can become. They see what can be achieved when they set goals. Thank you for spending time with my daughter!”

“I love the character building MyPower creates”.

“I would recommend this program for other young girls. I loved it and my daughter did too. I am so glad there is a program for our young ladies. I wish there would have been something like this when I was growing up”.

“MyPower has helped my daughter to be more confident in herself and her plans for the future. Her focus is college, a career and then a family!”

“This is the place that helps parents instill positive attitudes in our young women. It builds confidence in our girls. Wonderful program!”

“She has a better attitude and understands more. She is even excited to go to college. Thank you, MyPower”.

“It helps them hear information from others, not just from their mom or dad. Positive reinforcement helps”.

“MyPower promotes a positive self-image and focuses on issues that are sometimes difficult for parents to start conversations about.”

“It changed her attitude and outlook on school. It gave her the courage to stand up for what she believes in.”



Comments from parents who sent their daughters to the *MyPower Quantum Leadership July Camps*:

“I would highly recommend this program because it is a forum that builds high self-esteem and gives them “tools” to rise above peer-pressure and negative influences to obtain goals in which they have set.”

“It has been very good for my child. I have four girls and my first born has attended. I will enroll the other three when it’s time.”

“She has learned to be herself and no longer is afraid of what others think about her. She knows she has a voice and can express herself more without being afraid.”

“This truly is a miracle program.”

“My daughter’s attitude has improved 1,000%. She is more positive and more pleasant to be around.”

“My daughter sees a wonderful future for herself! She doesn’t see boyfriends, children and failure anymore. She sees college, career success and self-confidence.”

“I believe my child can make better choices because of the information given by MyPower. She has become grateful for different things she didn’t realize were there.”

“Knowledge is power”.

“My daughter has gained confidence in school and outside of school. This is her last year at MyPower, but she has grown socially over the last three years being involved with this program.”

“I know MyPower definitely lifted her up. She absorbed everything and had a personal talk with me. She opened up and repeatedly says she wants to better herself.”

“It has helped her learn to stick to something she starts and not give up. She learned just how valuable she is and that she is capable of so much”.

“Girls this age have a hard time adjusting to their life and this experience gives them hope and opens their eyes to the future. It’s okay to be yourself! Thank you, MyPower!”

“My daughter is more positive and her behavior has improved. She is more loving and more willing to try new things because of MyPower.”

“MyPower helped my daughter blossom and realize she matters and that she can make a difference in our community. Thank you for empowering our youth and future leaders!”



MyPower, Inc. Board Members:

Becky Bass, Staff Accountant, Johnson Miller & Co.
Pat Duran, Principal, Edison Elementary
Kristi Goodwin, President, TNK, Inc.
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Mary Harris, Ed.D., Dean of Education, University of the Southwest
Crystal Marin, Police Officer, Hobbs Police Department
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MyPower, Inc. Executive Director:

Elaine A. Sena

Executive Assistant:

Sandi Socolofsky

Program Director:

Jennifer Smith

The Mission of MyPower, Inc.:

MISSION

To empower Lea County's youth to reach their full individual potential by providing FUN, social and learning activities geared toward developing personal confidence, academic excellence and enhanced life skills.

GOALS

- **Training and Mentorship:** Target Lea County's youth at critical developmental stages for engaging academic and social skills activities, with a goal to provide open communications about the long-term benefits of staying in school, choosing friends wisely and making healthy choices.
- **Vision for the Future:** Expose participants to new ideas, skills, mentorship, and the limitless possibilities and opportunities available to all youth regardless of race or socioeconomic background.
- **Constructive Life Choices:** Increase knowledge of how to make positive personal decisions and constructive life choices, especially with the temptations of drug abuse and teenage sex, regardless of peer pressure or other outside negative factors.
- **Joie de Vivre:** Enhance their spirit to enjoy life and plan for the future using fun learning activities and exercises designed to boost personal confidence and self-concept.