



"The Dreamer Girls Project (DGP)" was developed by Dr. Ijeoma Opara, who is a professor and researcher at Yale University. Dr. Opara wanted a program that would provide a safe space for Black girls to discuss challenges in making healthy decisions for themselves. The Dreamer Girls Project is a racial and gender-specific evidence-based sexual health substance use prevention program for urban Black girls. This project will be designed for Black Girls by Black Girls!

## **Problem**

Substance use has become a public health concern for girls in the United States and is associated with behaviors that can lead to being diagnosed with STIs (sexually transmitted infections).

## **Solutions**

- Black girls who have high ethnic identity, racial pride and social support, are less likely to engage in unhealthy sexual behavior
- Black girls who feel empowered and have leadership skills, use drugs at much lower rates
- Black girls who knew more about STIs and HIV, felt more confident in making healthier decisions about sex

## **The Dreamer Girls project goals are to:**

- 1) Educate girls about STIs and substances that can be dangerous to their health
- 2) Teach girls how to feel confident in having healthy romantic relationships
- 3) Empower girls through cultural pride messages, and encourage leadership skills in substance use and STI prevention through a Black feminism lens

### *How will we do it?*

## **Focus Groups**

First step will be to talk to at least 40 Black girls who live in urban areas. This step is crucial to get their opinions about discussing what it means to be a Black girl and what challenges they see in their communities surrounding drug use and sexual health. Focus groups will be led by Black women who are trained in working with Black girls and discussing sensitive issues such as racism and sexism against Black girls and women.

## **Advisory Board**

The Dreamer Girls Project will recruit up to 4 girls who will serve as board members for The Dreamer Girls Project advisory board. This board will be responsible in overseeing the development of the intervention program for Black girls.

## **Test the Intervention**

This is the exciting part where The Dreamer Girls Project research team will test out the intervention on a sample of 10-20 Black girls who are interested in participating. Participants will be a part of each session that the team develops and will have the opportunity to share feedback on the program

## **Next Steps**

The Dreamer Girls Project has plans to take over the WORLD.

**Interested in being a part of our project or want to hear more information?**  
Email us at: [thesashlab@gmail.com](mailto:thesashlab@gmail.com)

