The three focuses of We Are the Ones included:

- chosen health topic and an arts program were held twice per week mid-experiences.
- new ways to creatively express and interpret one's life health education topics affecting young women and discover We Are the Ones will provide underserved young women of Asian women who are engaged in or at risk of sexual exploitation.
- We Are the Ones is a health and social justice art initiative that will provide support, counseling, healing arts, and leadership opportunities for the young women that AHSYP and Banteay Srei are community-based, culturally sensitive organizations that grew out of the need to serve young Southeast Asian women.

OBJECTIVES

We Are the Ones will provide underserved young women of color in Oakland a safe, supportive space to learn about key health education topics affecting young women and discover new ways to creatively express and interpret one’s life experiences.

Programs were held twice per week mid-June to mid-August 2018 with workshops dedicated to group dialogue on a chosen health topic and an arts-based workshop.

The three focuses of We Are the Ones included:

1. culturally sensitive workshops and gatherings related to key health education topics,
2. life-skills training,
3. writing and photography workshops that allow girls to creatively express and share their lived experiences with others

Sample Workshops Included:

- Mental Health
- Self-Love
- Nature as Healing
- Social Relationships
- Social Media
- Photography & Social Justice

PROGRAM RESULTS

9/10 participants reported that the program was somewhat or very helpful in the following:

- strengthening comfort levels with sharing in a larger group
- enhancing abilities to deal with difficult situations
- strengthening abilities to identify feelings and emotions
- building on ability to stand up for oneself
- enhancing ability to problem solve
- enabling creative expression
- appreciate value as young woman
- making themselves feel heard and affirmed by the facilitator and or peers
- able to see art as a form of activism
- able to see themselves as a person able to bring about change in the community

Participants also wrote optional letters to future donors about why this program matters to them and is important to young women in the future:

"This program show how worthy every single person is. You are able to speak your heart out and not be scared."

"We Are the Ones We've Been Waiting For is a picture perfect program. I was a member and even though it went on for two months or so, I loved every minute of it. It combined photography, activism, self-love, and medical education; a lovely concoction that can help any teenage POC living in the Bay Area. The community has a welcoming and non-judgmental air. Donating helps the program buy better cameras and field trips for the youth."

"Dear Future Donors, young women don't get the support in the outside world. I never thought about expressing things by photographs."

"Please consider donating to the Spot. They have programs like this, one in which young women are able to speak up about how they feel in their community. This really helped me think about what I want in society."

10 POINT PLATFORM

FOR AND BY YOUNG WOMEN OF COLOR IN OAKLAND, CA

Due to violence against young women of color that happened in the summer of 2018 particularly with the violence and tragic death of Nia Wilson, participants created their own demands for change alongside an art exhibition of their work. The exhibition was featured in Luckyduck Bicycle Café and the Oakland Public Library.

1. We want bathrooms that provide free period products.
2. We want to live in an environment free of cat calling and harassment.
3. We want male allies who don't mansplain.
4. We want sisterhood because of shared identities and the struggles we face.
5. We want fairness and equality.
6. We want respect and non-judgment of our appearances.
7. We want to live in a world that does not body shame.
8. We want to feel free to have choices.
9. We want a less stressful school system.
10. We want more leadership by women.