

PURPOSE

The purpose of this organization is to promote and preserve the family unit in the surrounding peninsula areas and to offer knowledge, guidance, support and interaction with the African American female population, as well as, the Sister To Sister participants in the S.U.P.E.R Saturday program. The acronym S.U.P.E.R means: S – Supreme U – Unity P – Perpetuating E – Eternal R – Revolution.

Sister to Sister is a community service organization that allows Hampton University female students to commit themselves to be mentors to young ladies, between the ages of six and seventeen, in the Hampton and Newport News areas. This commitment allows the mentors to share their knowledge and skills but, most importantly, this interaction allows these young ladies to have a role model that provides guidance and support in their lives. The S.U.P.E.R Saturday program meets every Saturday from 9 – 3 p.m. We provide breakfast and lunch to all the mentors and mentees.

To disseminate information and offer support to African American women of all ages how to overcome obstacles we face every day. Communicating with our families; dealing with peer pressure; exposure to sexually transmitted diseases; and the all too familiar alcohol and drug abuse are common problems in the black community today. Our goals are to teach our women how to communicate with children growing into womanhood, as well as, the youth learning how to listen to the elders. Providing them with information on how to avoid STDs; counseling on drug and alcohol abuse; tutoring for adolescent females having problems in school; helping them with any short term economic or financial difficulties encountered; job search strategy/interview skills and how to gain respect for themselves. Empowering our young black women with these skills and the knowledge of their African-American heritage they will overcome these obstacles. Respecting yourself can only lead to higher self-esteem. What is the role of the Black Women? She is man's teacher, God entrusted the nurturing of the child to the women. So, she must know the truth.

Sister to Sister mentors share their knowledge and skills, while striving to instill values of respect, self-worth and self-love, fine and performing arts & music, in order to relieve poverty and suffering and to assist at risk youth students, so that their conditions of life can be improved. The interactive educational activities typically consists of unity circle, math, reading, and writing activities, arts and crafts, lunch, presentation of projects, physical activity, open forums and community service projects.

The youth (mentees) in our program will be taught to be aware of their physical and external condition, they will learn to be concerned with their "inner life," their emotions, attitudes, or behavior. The youth will be taught to understand that once they experience the enrichment program of the S.U.P.E.R Saturday and see the positive results, it will help to make some external changes in their lifestyles. The youth will participate in self awareness workshops and learn the importance of respecting themselves and others as well as how it can make a difference in various aspects of their lives. Lastly, they will conduct several program surveys that will be administered intermittently.

