



Hear Me. See Me. Protect Me.



Our Mission

The National Coalition of 100 Black Women Inc., Delaware Chapter mission is to advocate on behalf of Black women and girls to promote leadership development and gender equity in the areas of health, education and economic empowerment.

Our Story

The National Coalition of 100 Black Women Inc., was established in 1981 and today is 62 chapters over 25,000 women strong and the Delaware Chapter was established in 1995 composed of a collective of women providing advocacy, public policy, research and programming health, education and economic empowerment across the State of Delaware.

Tenets of Advocacy, Programming, and Research

- State of Our Union Black women and Black girls
- Advocacy Day and Fireside Chats
- Health Programs focused on Mental Health, Heart Health, and Obesity Elimination
- Education Programs - Teresa Drummond Scholarship, School Board Forums
- Economic Empowerment through our SisterNomic\$ program



**In 2018 the State of our Union
Black Women research was
presented.**

**We discovered there was no
research on Black girls**

**Why study the lived
experiences of Black girls in
Delaware? Before we were
black women, we were black
girls**



Black girls research produced in five briefs and personal narratives

- Health
- Image
- Racism
- Resilience
- Safety



Methods Used in the Study

- Focus Groups Conducted for 70
- Survey administered online via Qualtrics in Summer 2020 and Spring 2021 for 185
- Note: Data collection happened during COVID-19 pandemic
- Target population: Black girls ages 10 to 19 who reside in Delaware
- Topics included: physical health, nutrition, relationships, experiences with racism, self-descriptions, supports needed

Survey Participants' Ages and Counties

| Age range | New Castle | Kent | Sussex | Total |
|--------------|------------|----------|----------|-----------|
| 10-13 | 74 (40%) | 6 (3%) | 3 (1.6%) | 84* (45%) |
| 14-16 | 50 (27%) | 7 (4%) | 3 (1.6%) | 60 (32%) |
| 17-19 | 30 (16%) | 8 (4%) | 3 (1.6%) | 41 (22%) |
| Total | 154 (83%) | 21 (11%) | 9 (5%) | 185 |

Key Findings

Support

- 51% respondents disagreed that there were adults in their town or city who listened to what they had to say

Sleep

- 18% of 14-19 year olds were sleeping 8 or more hours a night
- 82% were sleeping fewer than 8 hours per night.

Electronics

- 51% respondents said that they spent 3 hours or more per day using electronic devices (including social media) for something other than schoolwork.

Character

Most respondents thought that the following described them well:

- Feeling sorry for individuals who are picked on (89.4%)
- Feeling sorry for another person who is hurt or upset (85.9%)
- Being bothered when bad things happen to good people (83.6%)

Experience with Racism/Insults

- Heard insulting remarks (62%)
- Assumed to not be smart in school* (60%)
- Felt that someone feared them (48%)
- Family experienced racism (42%)

Key Findings

Body Image

- 68% respondents reported that at least sometimes, they worried about their appearance.

Connection to Schools

- 67% indicated doing very or extremely well in school
- 18% said moderately, 12% said slightly, 4% said not at all
- 35% were very or extremely happy with their schooling

Relationships

- Black girls reported that their strongest relationships were with friends and parents. Additional sources of support were grandmothers, siblings, cousins, significant others, godparents, and counselors.

Resilience

- Some examples of resilient strategies:
 - Crying
 - Listening to music
 - Reading positive quotes
 - Thinking self-affirming thoughts
 - Breathing

Key Findings

Factors for physical activity and nutrition:

Influencers in the household

The girls own motivation

Safety available spaces to be physically active

Adequate time for healthy meal preparation

Convenience/access to healthy, affordable food

“The healthier you go the more expensive it gets,
right?”

-17-19 year old girl

In Their Own Words





RESOURCES

ncbwde.org

National Coalition of 100
Black Women Inc. Delaware



Community Outreach

Outreach and Presentations to Organizations and Community Stakeholders to understand how they are contributing to narratives that diminish the voices and self esteem of girls and young women.



“Girls Move” Walking Groups

Intergenerational walking groups with African American girls/teens and older women will provide an opportunity to bond over exercise and fresh air. The walks provide an opportunity for the girls to connect and develop “mentor” like relationships with members of the NCBWDE and the community. Each walk will include a local “celebrity walker” to join the walk and lead a conversation. Celebrity Walker would include a local newscaster, elected official, physician, and/or creatives just to name a few.

