

MISSION STATEMENT

Sigma Gamma Rho Sorority's aim is to enhance the quality of life within the community.

Public service, leadership development and education of youth are the hallmarks of the organization's programs and activities.

Through collaborative efforts with a network of service organizations, Sigma Gamma Rho addresses concerns that impact society educationally, civically and economically.



SIGMA GAMMA RHO SORORITY INC.

1000 Southhill Drive, Suite 200
Cary, NC 27513-8630
1.888.SGR.1922
Office: (919) 678-9720
Fax: (919) 678-9721

www.SGRho1922.org

SIGMA GAMMA RHO SORORITY, INC.

PROJECT REASSURANCE

H³ – It's All About ME!



**HEALTHY
CHOICES**

**HEALTHY
LIVING**

**HEALTHY
GENERATIONS**



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PROJECT REASSURANCE

The signature
community service project of
Sigma Gamma Rho Sorority, Inc.

Through Project Reassurance, Sigma Gamma Rho Sorority seeks to promote responsible living for teens in today's world by focusing on prevention of teen pregnancy, personal decision-making, character building, promoting moral values and making good health education choices.

The Vision

Teenage pregnancy is a nationwide problem that dramatically affects the lives of both young mothers and unborn children. While rates have been declining, the National Campaign to Prevent Teen and Unplanned Pregnancies reports that about three in 10 teenage girls become pregnant at least once before age 20 and the percentage in the United States is the highest in the industrialized world.

Teen mothers are less likely to graduate from high school and children born to teenage parents are more likely to have low birth weight, receive an interrupted or inadequate education, to live in poverty and to be incarcerated, thus perpetuating a cycle of unrealized potential.

Project Reassurance was conceived as a vehicle for the Sorority to address this growing concern. Originally developed as a partnership with the March of Dimes to support and educate teen mothers, Project Reassurance now encompasses strategies to prevent teen pregnancy as well.

Working in conjunction with the March of Dimes, The National Campaign to Prevent Teen Pregnancies and other agencies, Sigma Gamma Rho Sorority provides teenagers with tools, resources and information to make better life choices for themselves and their children. Sorority members serve as role models, and mentors, while local chapters host educational workshops that supply information about local resources and referrals and material support to teen moms.

The Theme

H³: It's All About ME!

Healthy Choices, Healthy Living, Healthy Generations

Project Reassurance consists of three modules that encompass the four touch points: Physical Health, Mental Health, Safe Communities, Protecting the Future

HEALTHY CHOICES

Explores the importance of self love, a positive self image and self respect. The program educates participants on ways to make the best decisions for their physical and mental well being, how to determine the health and well-being best practices for their home and community and how to protect the future for themselves and/or their children.

HEALTHY LIVING

Emphasizes a healthy teen lifestyle by exploring ways to develop and maintain optimal positive physical and mental health for themselves and their children and how to help develop healthy communities.

HEALTHY GENERATIONS

Addresses the needs of pregnant teens and young mothers by providing information about prenatal care, parenting skills, healthy baby care and material support in the form of basic necessities for newborns.

