**You Geaux Girl!**

There’s a *better* way to learn about your health.

You Geaux Girl! is an Internet-delivered health education and empowerment program developed by researchers of the Tulane School of Public Health & Tropical Medicine to improve health outcomes among older African American teen women of Orleans and Jefferson parishes. YGG! uses an interactive curriculum, social media, online forums, and text messaging to engage and educate young women about personal wellness, healthy lifestyles, goal-setting, and decision-making. By using technology to deliver the program, YGG! serves as an innovative and cost-effective way to increase accessibility of health information and present it in a way that is relatable, age-appropriate, and culturally-relevant. Since its inception in September 2012, YGG! staff have partnered with nearly 80 community organizations and youth programs to raise awareness of YGG! and engage young women in this city.

In 8 online sessions, participants follow the journeys of 4 young women and enjoy educational videos, activities, games, and message boards as they learn ways to improve their health and strengthen their mind, body, and soul.

To be eligible for participation in YGG!, young women must be:

- 18 or 19 years old
- African American
- Living in Jefferson or Orleans Parish

In addition to the valuable lessons offered in the program, participants receive a free gift bag and compensation for their participation.

If you or someone you know wants to join our program, here are 3 ways to contact us: **Text or call 504.982.9045** or **Email us at yougeauxgirl@wave.tulane.edu**