

DECLARE WHAT YOU KNOW TO BE TRUESM

EMPOWERMENT

THROUGH WRITING

FOR GIRLS + GENDER-EXPANSIVE YOUTH



At The Intuitive Writing Project (TIWP), we empower girls and gender-expansive youth* to speak their truth, build their confidence and assert their voice through **writing**. For the past ten years, we have been serving youth throughout the Bay Area and beyond, offering creative writing programs for ages 8 to 18. **We believe in the wisdom of young writers and we are here to listen to, validate and elevate young voices.**



*Gender-expansive youth includes trans girls, non-binary youth, gender non-conforming youth, gender queer youth and all girl-identified youth.



We support girls in
owning their value,
claiming their strengths
and speaking up
**AS LEADERS AND
CHANGE-MAKERS.**



THE POWER OF TELLING STORIES AND HAVING THEM HEARD

WE BELIEVE

1. We believe in the power of telling stories and having them heard.
2. We believe that everyone has their own intuitive wisdom—and that we access it when we write.
3. We believe in the strength of community, the catharsis of writing and the connection that happens when we all write together.
4. We believe in confidence-building from the inside out.
5. We envision a world in which every young woman has the confidence to direct her own life—to realize her value, trust her voice and *declare what she knows to be true.*

Heroines write their own story.



Our "Wall of Heroines," 2014-2018



10 Benefits of Writing with TIWP

When girls write with us, they are continually developing:

1. ease and skill as writers
2. self-awareness
3. emotional resilience
4. mental health
5. self-confidence
6. confidence in their unique voice as a writer
7. personal leadership skills
8. critical-thinking skills
9. creative-thinking skills
10. social connection + unconditional support

WHAT YOUNG PEOPLE SAY:

"I would recommend The Intuitive Writing Project to everyone. It's the best thing ever, even for people who don't consider themselves writers. TIWP played a huge role in helping me understand myself and believe in myself and I am eternally grateful for this org." — *Julia Lima, age 18*

"Being a teenage girl is hard, but at a time when there is so much criticism in our lives the Intuitive Writing Project is a safe haven: a place where everyone is listened to and celebrated for being exactly who they are. — *Maxine Pollock, age 17*

"The Intuitive Writing Project has affected me in such an amazing way and has helped me on so many levels. I've really learned to be true to myself and to know my worth. As a teenage girl, things can be pretty tough and confusing sometimes, but this program has taught me how to find clarity through writing. Now I feel more empowered as a girl and as a person. I know I will carry what I've learned with me throughout my life." — *Loryn Nieto, age 17*

WHAT PARENTS SAY:

"You have done SO much for my daughter's confidence and self-discovery through your appreciation of her writing and encouraging her to speak from her true self and her true voice. Thank you for providing her and all your young writers a safe place to be their real self without judgment. It makes me happy to see her thriving as a writer and connecting with other girls who share a similar gift and experience through you!" — *TIWP parent*

"Once again, I have to share with you how absolutely wonderful your class is for my daughter. In such a short time you have made a profound impact on her. She says you just 'get it.' Sometimes she shares her writing and sometimes not, but the weekly topics have created so many interesting conversations between us at home. Her personal growth is noteworthy... Thank you." — *TIWP parent*

"TIWP it is so uplifting and therapeutic for our girls. Your classes always mean so much to my daughter, and I see the difference in her after every class." — *TIWP parent*

WHY GIRLS NEED OUR SUPPORT

The U.S. Surgeon General Dr. Vivek Murthy issued a new Surgeon General's Advisory, "*Protecting Youth Mental Health*," in which he writes, "The challenges today's generation of young people face are unprecedented and uniquely hard to navigate... **Over 50% of female students report persistent feelings of sadness or hopelessness.**"

In *The Atlantic* article, "How Puberty Kills Girls' Confidence," the author Claire Shipman writes that while all teens experience a blow to their confidence during adolescence, "it's nothing like what teenage girls experience."

Recent studies on self-esteem show:

- **7 in 10 girls believe that they are "not good enough."**
- **75% of girls with low self-esteem reported engaging in self-harming activities like cutting, drinking, drug use, or disordered eating.**
- **1 in 4 girls today fall into a clinical diagnosis – depression, eating disorders, cutting, or other mental/emotional disorders.**
- **1 in 3 girls report feeling constantly anxious, sleep deprived, and under significant pressure.**

OUR IMPACT SO FAR

Since 2013, we have facilitated over 4,000 hours of classes and workshops for over 400 girls and gender-expansive youth, publishing over 750 pieces of student writing and four printed anthologies. Most of our students write with us every week and every year until they leave for college. Over time, our writers learn to see themselves as the authors and leaders of their own lives—and that changes everything.

100%

feel more supported

100% of Intuitive Writing Project students surveyed felt **supported or very supported** by their teacher + fellow writers.

100%

feel more validated

100% of Intuitive Writing Project students surveyed felt **validated or very validated** in their life experiences.

100%

feel more resilient

100% of Intuitive Writing Project students surveyed felt **more or much more resilient**, better able to manage stress and other personal challenges.

100%

feel more confident

After participating in TIWP, 100% of students surveyed felt **more or much more confident** in themselves, both as writers and as people.

WRITING IS THE GREAT EQUALIZER.

The ability to write elevates *everyone*, especially women, minorities and underserved, underrepresented youth.

“The ability to write is a critical differentiator at the college level.”

— Dr. Brandi Pearce, Haas School of Business

“According to the National Association of Colleges and Employers, written communication is the number three most desired quality overall, behind leadership skills and ability to work as a team member.”

— Kaleigh Moore, Inc.com

HELP US CLOSE THE WRITING GAP

More than grades, SAT scores or sports, *writing opens doors*—just as an inability to write keeps those doors shut. When girls write with The Intuitive Writing Project, they discover who they are, what they value and how to tell their story. Every single one of our graduates has gotten into their first-choice, top-tier college.

Imagine what would be possible if every girl had the same opportunity to develop their voice as writers.

The more underserved girls are empowered to write their story, the more they are empowered to be successful *in every aspect of their lives.*

OUR PROGRAMS

Grade School

Creative writing
3rd - 5th grade

Middle School

Creative writing
6th - 8th grade

High School NONFICTION

Self-reflective writing
programs

High School FICTION

Creative writing
programs

Grade School Programs

The Art of Storytelling

After School Enrichment

Middle School Programs

Creative Escape & Connection

Poetic Playlist

Dystopia!

Creative Space for Busy Teens

High School Programs

The Heroine's Journey

Our World, My Voice

Intuitive Leadership

Writing Without Rules

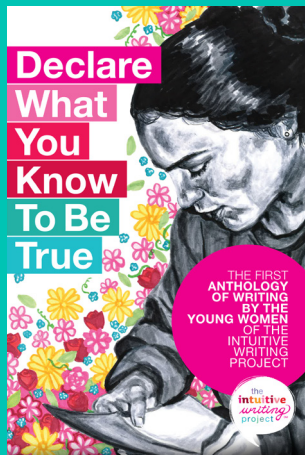
Speak Your Truth, After School Enrichment

Publish Your Own Anthology

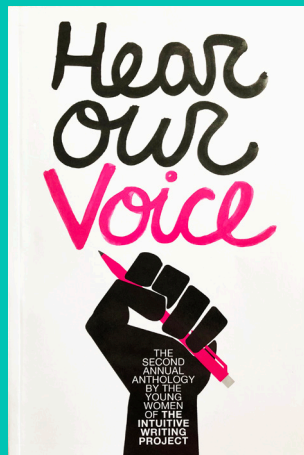
College Essay Support

OUR PUBLISHED WRITING

Collected from our blogs, intuitivevoice.org + pensofthepandemic.blog



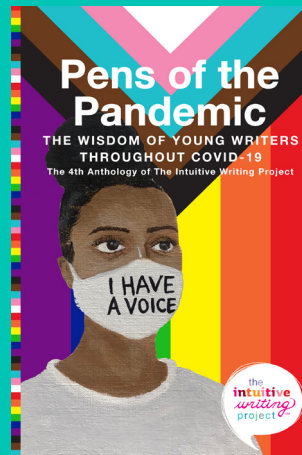
Declare What You Know To Be True
1st Anthology
2017



Hear Our Voice
2nd Anthology
2018



Open to Change
3rd Anthology
2019



Pens of the Pandemic: The Wisdom of Young Writers Throughout COVID-19
4th Anthology
2021



Reemergence: The Power of Young Writers Reclaiming their Lives
5th Anthology
2023

TUITION & CLASS STRUCTURE

The Intuitive Writing Project is dedicated *to serving every girl who loves to write and wants to write with us.*

The transformative power of our programs comes from their 6:1 student/teacher ratio. This ensures that every girl receives personalized mentoring and support. *The true cost* of our programs is reflected in Tier 1 pricing. With the help of our corporate and community partners, we now aim to offer Tier 2 (partial scholarship) and Tier 3 (full scholarship) pricing, as well. **At least 85% of our expenses go to program services.**

Tier 1

The true cost of our programs

Middle school programs:

Class length: 90 minutes
Class size: 4-6
\$70/class

High school programs:

Class length: 2 hours
Class size: 4-6
\$90/class

Tier 2

Tuition for middle-income families

Middle school programs:

Class length: 90 minutes
Class size: 4-6
\$35/class

High school programs:

Class length: 2 hours
Class size: 4-6
\$45/class

Tier 3

Tuition for low-income families

Full scholarships will be offered on the basis of financial need and in partnership with local, low-income schools and nonprofits.

Empower the voice of every underserved girl through writing:

- Over the last ten years, we have proven the power of our programs and their impact on young women while leading a financially self-sufficient nonprofit.
- Now we're ready to begin a new era, expanding our focus to support girls at every income level, reaching across the Bay Area, the state, the nation and, ultimately, uniting girls from around the world.

We need your financial support because writing is a life skill that should be available to everyone.

- **We are seeking financial partners to provide full and partial scholarships for the girls who need them most.**

Sponsorship Levels:

Friends: \$50+

Benefactors: \$150+

Champions: \$500+

Business Visionaries: \$1,000+

World Changers: \$5,000+

The Intuitive Writing Project is a 501c3 educational nonprofit, [EIN #46-1946021](#). All donations are tax deductible. All donors will be recognized on our website.

OUR VISION is to expand nationally and internationally, empowering young women from all around the world to write together and support each other, fostering a global sisterhood of creative-thinkers, progressive activists and intuitive leaders who will collectively rewrite and transform *the story of the world*.



WOULD YOU LIKE TO LEARN MORE? CONTACT OUR TEAM:



Elizabeth Perlman

Founder & Executive Director

Elizabeth created TIWP because it was what she wanted and needed when she was a teen: a safe place to write, speak and find her voice. She holds a B.A. in Media Arts & Film from USC and a M.A. in Transformative Arts from JFKU. She is also a certified Group Leader in The Amherst Writing Method. You can reach her at:

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Melissa Quiter

Director of Programs & Lead Instructor

Melissa Quiter has been part of TIWP since 2016. Before joining our team, she taught Journalism for over ten years at Miramonte High School. She holds a B.A. in Journalism from Boston University and a secondary teaching credential from San Francisco State University. You can reach her at:

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Gretchen Cion

Senior Teacher

Gretchen is a writer who's been teaching writing as a classroom teacher, writer-in-residence, and literacy specialist for over twenty years. She holds a B.A. from Washington University, a M.A. in Education from Hunter College and is currently pursuing her MFA in Creative Nonfiction at SFSU. You can reach her at:

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www.IntuitiveWritingProject.org

Instagram + TikTok @IntuitiveWriter

LinkedIn: The Intuitive Writing Project

Literary blog: IntuitiveVoice.org



**Thank you
for your valuable time.**

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