I began to use art to ease my anxiety and pain, at AIR and on my own. I went from a socially anxious girl, sitting in the corner writing in my notebook… to an AIR apprentice, leading workshops and mentoring younger girls.

"I started at a time when I was severely bullied and depressed. It helped me recover and feel loved."

Definitely or somewhat influenced me

| Eating disorders | 62% |
| Self-harm | 68% |
| Depression | 76% |
| Anxiety/panic attacks | 70% |
| Bullying | 72% |
| Suicidal thoughts/ attempts | 68% |

94% indicated that AIR helped them build on their personal skills.

88% answered that AIR helped them improve on their work skills.

76% are registered to vote.

82% agreed that they built strong friendships during their time in AIR.

91% reported that AIR made a positive impact on their self-confidence.

63% indicated involvement in volunteer community service since participating in AIR.

According to The Center for Information and Research on Civic Learning and Engagement (civicyouth.org), in 2009 of 19-24 year olds only 16% in New Hampshire and 28% nationally volunteer and do community service. Our AIR respondents top this at 63%!

74% of AIR alumnae voted in an election in the last two years. These percentages closely resemble national voter turnout statistics for Americans 65 and older (72% in 2012) rather than for 18-29 year olds (36% in 2014).

"AIR shaped my entire career. I did the first ever film program and decided to go to college for video production… now I work at WMUR!"

90% indicated that since their involvement in AIR they have been involved in art-related activities.

96% feel that the arts are important to the personal growth of children.

89% agree that they would want their daughter to be a part of the AIR program.

26% response rate of 365 surveys

2015 AIR Alumnae Survey research was made possible in part by the New Hampshire Charitable Foundation.

Arts In Reach (AIR)
PO Box 236 | Portsmouth, NH 03802 | www.artsinreach.org | (603) 433-4278
Empowering Teenage Girls Through Mentoring And The Arts