EmpowHER

Year 1

Women Supported



21 women aged 16 -25

Online Impact

EmpowHER achieved 80,000+ views this year, delivering engaging content on healthy relationships, consent and boundaries through podcasts, videos and its new website.

Global Reach



EmpowHER's reach now spans five continents, with the UK, Ireland and Australia driving the highest engagement.

Outreach



Represented EmpowHER at Freshers' events, youth wellbeing conferences and community engagement initiatives, connecting with young people and raising awareness of healthy relationships.