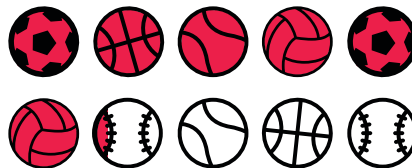


GIRLS INC. GIRLS ARE **STRONG**, SMART & BOLD

Girls Inc. is dedicated to making a measurable difference in the lives of girls, and has developed the Girls Inc. Strong, Smart, and Bold Outcomes Survey to measure indicators of girl success in a network-wide survey each year. In 2023, over 6,300 girls ages 9 and up, across 63 affiliate organizations, participated. Selected results are below.

GIRLS INC. GIRLS LIVE HEALTHY & ACTIVE LIVES

86%
of Girls Inc. girls exercise
at least once a week



62%
of Girls Inc. girls played on at least
one sports team in the past year

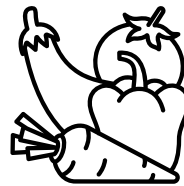
59%
of Girls Inc. girls ate breakfast
the morning of the survey



THEY MAKE HEALTHY LIFESTYLE CHOICES

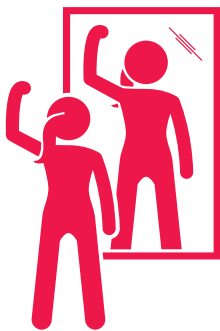


81%
of Girls Inc. girls ate at least one
serving of fruit in the 24 hours
prior to the survey



73%
of Girls Inc. girls ate at least one
serving of vegetables in the 24
hours prior to the survey

THEY ARE CONFIDENT



61%
of Girls Inc. girls say they
are happy with their bodies

AND VALUE THEIR FRIENDSHIPS



70%
of girls said they would offer their
support if a friend felt sad, stressed,
or depressed.

QUESTIONS?

Join the conversation by contacting the Research and Evaluation Department: research@girlsinc.org

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GIRLS INC. GIRLS ARE EAGER TO LEARN AND ARE SUCCESSFUL IN SCHOOL

Around 3 out of 4 Girls Inc. girls...

- care about doing well in school (86%)
- try to find out more about the things that interest them (79%)
- like learning new things (71%)



More than **70%** of Girls Inc. girls report earning mostly A's and B's in the past year



THEY ARE COMMITTED TO THEIR EDUCATION

87%

of Girls Inc. girls plan to graduate from college



89%

of Girls Inc. girls say "I can do even the hardest homework if I try."



THEY STRIVE TO DEVELOP THEIR SKILLS



81%

of Girls Inc. girls believe that they are good readers



90%

of Girls Inc. girls agree with the statement, "At Girls Inc., girls get a chance to create and build things."

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GIRLS INC. GIRLS ARE ENGAGED IN THEIR COMMUNITIES

88%
of teens believe that it is important to be an active and informed citizen



83%
of teens say that they can make a positive difference in their community



Percentage of girls who responded "all or most of the time"

"I stand up for myself without putting others down" **65%**

"I stick up for someone who is being picked on" **68%**

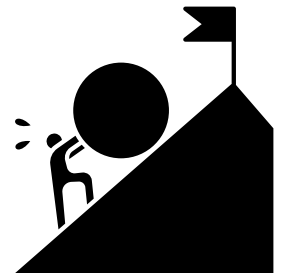
"I help make sure all people are treated fairly" **76%**

THEY ARE DILIGENT, PERSEVERANT AND RESILIENT



89%
of teens reported "when I have a lot to do, I made a plan to get it all done"

75%
of teens say they try to do their best, all or most of the time, even when things get rough



THEY'RE OPEN-MINDED AND OPTIMISTIC

84%
of girls say that they get along well with people of different races, cultures, and religions



89%
of girls reported feeling like they have a great future ahead of them.



QUESTIONS?

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THE GIRLS INC. EXPERIENCE

Girls Inc. is dedicated to ensuring that participants receive intentional, interactive, and research-informed programming from trained staff and volunteers in a pro-girl, physically and emotionally safe and brave environment. This is the Girls Inc. Experience, which is assessed during the Girls Inc. Strong, Smart, and Bold Outcomes Survey each year. In 2023, over 6,300 girls ages 9 and up, across 63 affiliate organizations, participated. Selected results are below.

GIRLS INC. GIRLS HAVE STRONG MENTORING RELATIONSHIPS

89%
girls say that the adults at Girls Inc. listen to what they have to say.



91%
of girls say there are adults at Girls Inc. who believe they will be a success.



THEY FEEL SAFE AND EXCITED FOR THEIR FUTURES

90%
of girls say that they feel safe at Girls Inc.



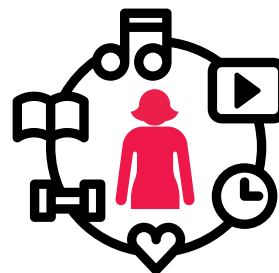
90%
of girls agree or strongly agree with the statement, "At Girls Inc., I get to learn about people who are different from me".

80%
of girls say that being at Girls Inc. has helped them think about their future.



THEY LEARN AND TRY NEW THINGS

91%
of girls say that at Girls Inc., girls learn to make a difference in the world.



91%
of girls say that they get to try new things at Girls Inc.

QUESTIONS?

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