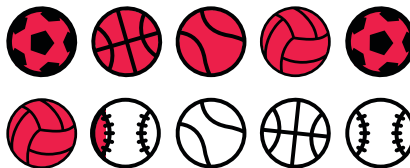


GIRLS INC. GIRLS ARE **STRONG**, SMART & BOLD

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

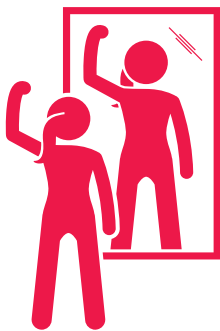


81%
of Girls Inc. girls ate at least one
serving of fruit in the 24 hours
prior to the survey



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