

Girls on the Run



Our Mission

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.



Our Vision

We envision a world where every girl knows and activates her **limitless potential** and is free to boldly pursue her dreams.



Girls on the Run of Central Ohio



- Founded 2008
- Franklin, Delaware, Union, Knox, Fairfield, Madison, Licking, Pickaway
- + 20,000 girls served!
- No girl is ever turned away due to financial barriers

Why Girls on the Run matters

50%

of girls ages 10 to 13 experience **bullying** such as name calling and exclusion **at a time when peer relationships become more central to girls' lives**

Girls' self-confidence begins to drop by **AGE 9**



Physical activity levels decline starting at **age 10** and continue to **DECREASE** throughout adolescence

Physical Activity: An Untapped Resource to Address Our Nation's Mental Health Crisis Among Children and Adolescents

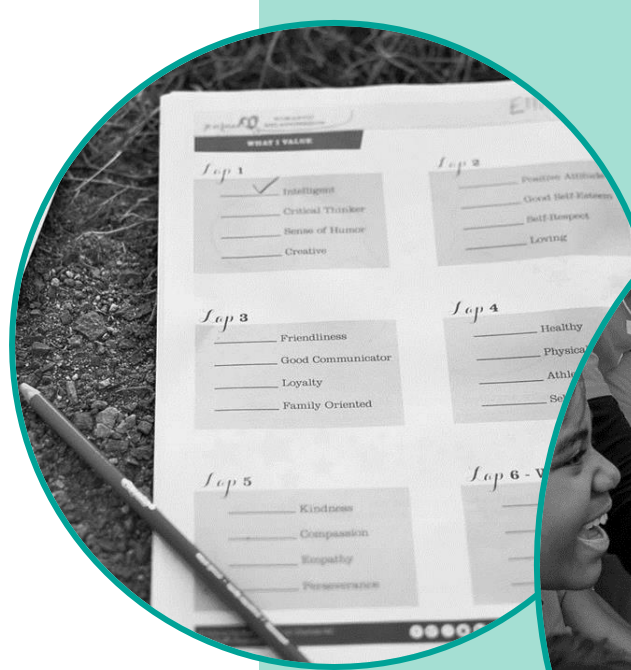
- “In 2019, more than 1 in 3 high school students reported persistent feelings of sadness or hopelessness, representing a 40% increase from 2009”
- “Data suggest that for many young people, physical activity rates decreased and sedentary behavior increased during the COVID-19 pandemic”
- “Physical activity also reduces the risk of depression and can reduce depressed mood”
- “In addition to the benefits of general physical activity on cognition and depression, participation in sports can positively affect self-esteem, stress levels, anxiety symptoms, substance use and other risky behaviors, quality of life, and well-being.”
- “Sports offer an excellent place for young people to build social connections and learn coping skills and for communities to create healing spaces by engaging in fun and building community spirit.”

self-esteem. Many young people—especially those from underserved populations, such as girls, young people with a disability, racial or ethnic minority groups, young people living in rural areas, or young people from lower socioeconomic households—do not have the same access to sports as their peers.¹⁶ Programs can focus on removing barriers by providing free or low-cost programs or equipment and locating programs in easily accessible areas, such as schools, to help increase opportunities for all young people.¹⁶ For example, Girls on the Run is a physical activity-based positive program for girls in grades 3-8.²⁷ Participants meet after school twice a week to learn life skills through interactive lessons and running games. An independent study of Girls on the Run found that girls who were the least active when they started the program increased their overall physical activity by >40%, from completing ≥ 60 minutes of physical activity 3.0 days per week prior to participation to 4.4 days per week after participation.²⁷ Effects were sustained at 3-month follow-up. Furthermore, 97% of girls said that they learned critical life skills, including resolving conflict, helping others, or making intentional decisions, and 85% reported improvements in confidence, caring, competence, character development, or connection to others.²⁷

US Surgeon General, May 2023

Our Curriculum

- 10-week program
 - Meets twice per week
 - 75-90 minute lessons
 - Teams of 15 girls
 - Each team creates and executes a community service project
 - Program concludes with a celebratory 5K event
- Build the confidence to be themselves and love who they are and encourage others to do the same
 - Develop life skills like understanding and sharing emotions, handling peer pressure, and celebrating each other's differences
 - Strengthen their resilience with stick-with-it strategies



National Coach Training

Volunteer coaches are prepared to:

- Build relationships with and between girls
- Create a positive, inclusive environment
- Support girls' personal improvement
- Deliver intentional curriculum as intended

National Coach Training sets Girls on the Run apart from other youth serving organizations

26% of youth sports head coaches in the United States were women, while 98% of Girls on the Run head coaches are women.



Where girls made their greatest gains

CONNECTION

How supported they
felt by their peers



CONFIDENCE

How much they liked
the kind of person they
are



Strengthened life skills



CONFIDENCE
COMPETENCE, CARING
CHARACTER
CONNECTION
PHYSICAL ACTIVITY
OR REDUCED SCREEN TIME

95%
IMPROVED IN



Increased physical activity

**GIRLS WHO WERE
LEAST ACTIVE
AT THE START
INCREASED IN
PHYSICAL ACTIVITY**

BY MORE THAN 40%





At an age when girls are constantly trying to measure up to ideas of who they should be when they're still discovering who they are, Girls on the Run shows them that their potential isn't just enormous —

it's beyond measure.



THANK YOU!



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