

## ABOUT GIRLS INC.

Girls Inc. inspires all girls to be strong, smart, and bold, providing more than 140,000 girls across the U.S. and Canada with life-changing experiences and solutions to the unique challenges girls face.

The Girls Inc. Experience consists of *people*, an *environment*, and *programming* that, together, empower girls to succeed. Trained staff and volunteers build lasting, mentoring relationships in girls-only spaces that are physically and emotionally safe and where girls find a sisterhood of support with shared drive, mutual respect, and high expectations. Hands-on, research-based programs provide girls with the skills and knowledge to set goals, overcome obstacles, and improve academic performance. Informed by girls and their families, Girls Inc. also works with policymakers to advocate for legislation and initiatives that increase opportunities for girls.

At Girls Inc., girls grow up healthy, educated, and independent. Join us at [girlsinc.org](http://girlsinc.org)

## GIRLS INC. NATIONAL LEADERSHIP

Judy Vredenburg, *President & CEO*

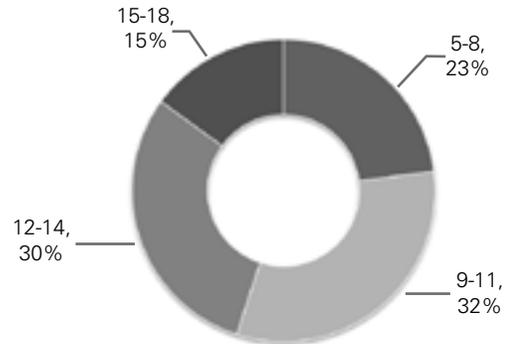
Ellen Stafford-Sigg, *Board Chair*

First Lady Michelle Obama, *Honorary Board Chair*

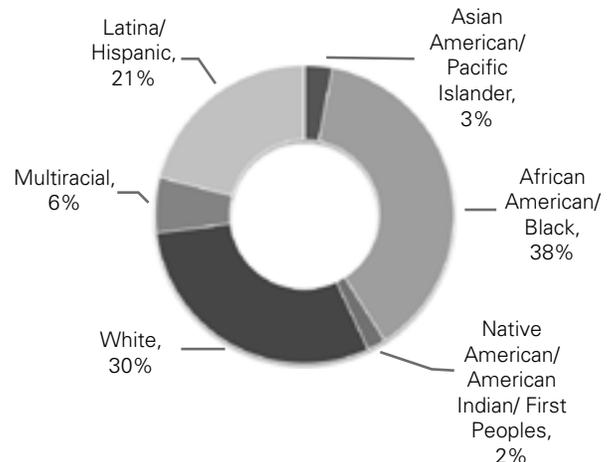


## THE GIRLS WE SERVE:

### Age



### Race/Ethnicity



### Family Income



\*Girls identifying as Latina/ Hispanic by race equal 13%, with an additional 9% of girls counted by both race and by ethnicity. Therefore, total race/ethnicity percentages are greater than 100%.

# THE GIRLS INC. DIFFERENCE



Today, girls continue to encounter significant obstacles to their well-being and success.

**1 IN 4 GIRLS** will not finish high school.

**78% OF GIRLS** are unhappy with their bodies by age 17.

**3 IN 10 GIRLS** will become pregnant before the age of 20.

**1 IN 5 GIRLS** will be a victim of childhood sexual abuse.

Girls Inc. meets these challenges by helping girls explore and celebrate their strengths, their voices, who they are today, and who they will become.

Girls Inc. equips girls to navigate gender, economic, and social barriers and grow up healthy, educated, and independent. Girls build confidence and embrace positive decision-making to take charge of their health and wellbeing, and achieve academic, personal and career goals.

## THE GIRLS INC. EXPERIENCE HELPS GIRLS TO GROW UP:



**Strong (Healthy):** Girls gain knowledge to embrace physical activity, positive body image, and nutrition while decreasing or delaying substance use and risky sexual activity.

**Smart (Educated):** Girls increase their love of learning, improve performance in school, explore STEM and non-traditional careers, and aspire to and plan for education beyond high school.

**Bold (Independent):** Girls build life skills to set and achieve goals, have healthy relationships, and increase resilience in the face of obstacles to live productive and fulfilling lives.



For more information contact:  
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