

# GIRLS ON THE RUN





# COMING TO SIOUXLAND THIS FALL

September 16 – November 10th

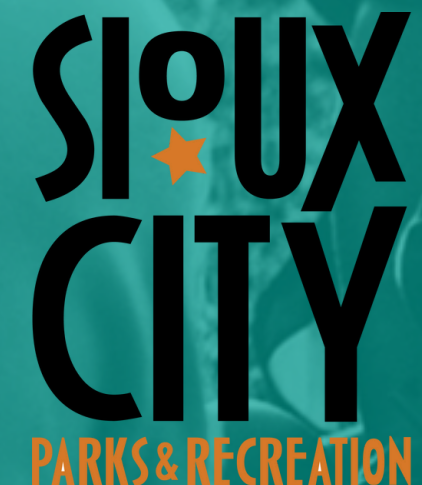
3 sites!

Spaulding Elementary School

Boys and Girls Club

Norm Waitt Sr. YMCA

Brought to you by:





**Girls on the Run** is a physical activity-based

# POSITIVE YOUTH DEVELOPMENT PROGRAM

designed to enhance girls' social, psychological and physical skills and behaviors to successfully navigate life experiences.

Be a

**Role Model**



## 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.



50%

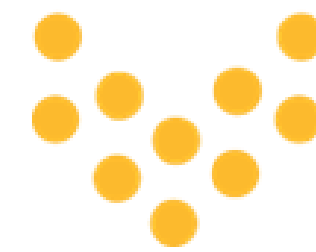
of girls ages 10 to 13 experience bullying such as name calling and exclusion at a time when peer relationships become more central to girls' lives

Physical activity levels decline starting at age 10 and continue to

**DECREASE** throughout adolescence

Girls' self-confidence begins to drop by

**AGE 9**



## Why Girls on the Run matters



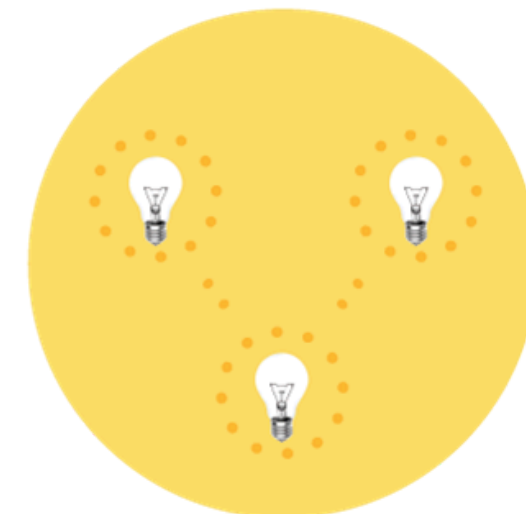
MANAGE  
EMOTIONS



RESOLVE  
CONFLICTS



HELP  
OTHERS



INTENTIONAL  
DECISION-MAKING





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.**

