



Who we are

Girls on the Run® is a national organization dedicated to creating a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams. Our 20-session program drives transformative, sustained change in the lives of young girls across all 50 states.

What we do

Using an intentional curriculum that integrates physical activity, our trained coaches teach girls critical life skills and strategies they can apply to all aspects of their lives.

Why it matters

- Girls' self-confidence begins to drop by age 9
- 50% of girls ages 10 to 13 experience bullying such as name calling and exclusion
- Physical activity levels decline at age 10 and continue to decrease throughout adolescence

Our results*

85%
IMPROVED IN
CONFIDENCE
COMPETENCE
CARING
CHARACTER
OR CONNECTION



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



BY MORE THAN
40%

97%
LEARNED CRITICAL
LIFE SKILLS



Girls on the Run has a
POSITIVE IMPACT on girls during
the program and **BEYOND**.

Girls on the Run makes a
STRONGER IMPACT than organized
sports or physical education
programs in teaching **LIFE SKILLS**.



Where girls made the greatest gains

CONNECTION

How supported
they felt by
their peers



CONFIDENCE

How much they
liked the person
they are



“I will continue to
**teach others what
I learned** at
Girls on the Run,
and carry it with me
FOR THE REST OF MY LIFE.”

Learn how you can change the life of a girl. Visit us at www.GirlsontheRunPBC.org

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.