

## Who we are

Girls on the Run<sup>®</sup> 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.

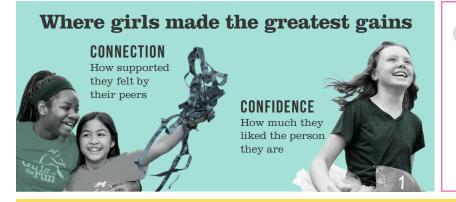
## Why it matters

- 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



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.





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.