

# What is Girls on the Run? GOTR



<http://www.girlsontherun.org/video.html>

## Mission Statement:

To educate and prepare girls for a lifetime of self-respect and healthy living.

## What is Girls on the Run?

Girls on the Run is a nonprofit program that gives girls the experience of a lifetime! It combines running and life lessons to build character, values, healthy living and self-esteem!!



# History of Girls on the Run

## NATIONALLY

- Founded in 1996 by Molly Barker
- Headquarters in Charlotte, NC
- 31 states and over 140 councils
- 15,000 girls

## LOCALLY

- GOTR of N.E. Florida launched in 2004.
- First year 60 girls mostly in Fernandina area
- Now over 1,500 girls per year
- 15 girls per team
- 150+ Volunteer Coaches
- 2 Seasons per year



# Who We Serve

- Open to ALL girls 3<sup>rd</sup> -5<sup>th</sup> grades (ages 8-11), all abilities
- Nassau, Duval, St. Johns, Baker, Clay, Flagler and Waycross, GA
- Diversity
- Scholarships



# Why Girls on the Run?

- 30% of children are overweight; 15% are obese
- 27.9% of Jacksonville middle school students and 28.4% of Jacksonville high school students self-reported weights and heights that classified them as overweight or obese.
- 1 in 3 teens gets pregnant
- 1 in 4 girls in grades 9-12 currently smokes
- 18% of 8th grade girls have used drugs
- 1 in 3 adolescent girls will experience depression, anxiety or eating disorders
- 1 in 4 high school girls reports she does not like herself
- Children watch 3-4 hours of TV a day
- Girls participation in sports is still less than boys
- 2/3 of 5th-12th grade girls are dissatisfied with their body shape and want to lose weight.
- Girls as young as 5 years old form negative self-images based on their weight.
- An emphasis on popularity and slimness along with increased television viewing are linked to low self-esteem.
- According to the 2007 Presidential Physical Fitness Test Results, 70% of
- Duval County students scored below average; a negative trend that has been increasing since 1984.

# The Curriculum!

Part 1: Me

Part 2: Team

Part 3: Community



# The Lessons:

- 2x per week
- 1.25 hours per lesson
- 10 or 12 weeks
- **Non-competitive**
- Processing is important
- Lessons gradually build on one another
- Psychologists and counselors determined what the issues are AND how to best teach these issues
- Each lesson is generally divided into:
  - ✓ Getting on Board
  - ✓ Warm-Up
  - ✓ Workout
  - ✓ Wrap-Up



# Girls on the Run Core Values

- Gratitude
- Honesty
- Balance
- Drug and tobacco free
- Positive
- Live outside the "Girl Box"
- Being yourself
- Open-minded
- Doing your best
- Live in the moment
- Have fun!!



# How Does Girls on the Run Make a Difference?

## Decreases:

- eating disorders, smoking, and alcohol use.
- depression and anxiety disorders.
- sexual activity and teen pregnancy.
- stress and tension.
- childhood obesity and diabetes
- cancers, osteoporosis, heart disease, hypertension and diabetes.

## Increases:

- energy, motivation, optimism and achievements.
- grade point averages and SAT scores
- self-confidence, self-esteem and self-image
- overall health inside and outside!



**GOTR Gets Girls Out of the "Girl Box" & Helps Them to Feel GREAT About Who They Are!**

Go Girls!

We are all winners!

finish

