

BRING Girls on the Run® TO YOUR SCHOOL OR SITE!



Who We Are

Girls on the Run is a nonprofit that creates and offers evidence-based empowerment programs that help third- to eighth-grade girl-identifying youth build confidence, address negative issues, and deepen vital physical, mental, emotional, and social life skills. We welcome girls of all backgrounds and abilities, and are dedicated to making our programming available to all by providing financial assistance.

Impacts of Girls on the Run

By participating NOW...

- Life-skills lessons
- Fun movement-based games
- Impactful community projects
- Intentional goal-setting activities



...she gains these FOR LIFE.

- Deep inner strength
- Meaningful connection to others
- Foundation of physical health
- Empathy and respect for those around her
- Confidence that is reflect in school

www.GOTRRI.org





GET INVOLVED

HOSTING A TEAM:

✓ Provide a Site

- Offer a safe, accessible outdoor place with a restroom (and a designated indoor space for inclement weather)
- Accommodate a regular practice schedule 2 times a week for 90 minutes each

✓ Secure a Site Liaison

- Act as the main site contact for families, participants, and council staff
- Help recruitment efforts and distribute marketing materials
- Provide families with registration assistance
- Identify 1-3 coaches from your site and/or community*

At a time when girls may be struggling to fit in or find their voice, our programs reassure them that they belong.



How WE SUPPORT You

- Marketing and registration materials
- Parent/guardian communications
- National Coach Training (led by trained facilitators)
- Curriculum materials and coach supplies*
- Program t-shirt and 5K participation
- Ongoing support to site liaisons, coaches, and families

***If you cannot secure coaches, have no fear! Girls on the Run will work with you to identify coaches from our volunteer pool.**



NEXT STEPS

Are you ready to join the Girls on the Run community?

1. Submit site application www.Girls on the Runri.org/start-team
2. Help with coach recruitment www.Girls on the Runri.org/coach
3. Confirm site practice schedule
4. Share Girls on the Run marketing materials to help register participants

- Site application due date: August 23, 2024
- Fall program start date: Week of September 9, 2024
- Celebratory 5K event date: November 17, 2024
- End of season date: Week of November 18, 2024

We are excited for you to join us and need your help!

Your involvement plays a vital role in building self-confidence in girls. As a result, your community and the world beyond it will become a better, more welcoming place.

With your involvement, that better tomorrow can be filled with girls who nurture their emotional and physical health, boldly follow their dreams, and become adults who lead with integrity, empathy, and kindness.



Questions?

We are here to help!

Please contact Elizabeth McGann | elizabeth.mcgann@girlsontherun.org

HOW DO WE ENSURE WE'RE INCLUSIVE

Our core values guide us to be open-hearted, intentional decision makers who embrace differences and stand up for ourselves and others. We strive for our programs to be accessible and welcoming to those who want to participate

We honor this commitment by ensuring that:

- We remain mindful of participation barriers and strive to find ways to eliminate them.
- All aspects of the registration process are equitable.
- Our commitment to access is clearly communicated to all communities.
- All participants feel that the curriculum is relevant and reflects their life experiences.
- All participants feel listened to, valued and part of a team.
- We welcome children who identify as girls, nonbinary, and gender-nonconforming to participate.
- We have adapted the curriculum so that those who have disabilities can safely and successfully participate.
- All participants have a coach who has been trained to understand social context, create positive inclusive environments, and build genuine relationships.



97%
OF PARTICIPANTS

said they learned things at Girls on the Run that are important to them.

WHY COMMUNITIES NEED OUR PROGRAM

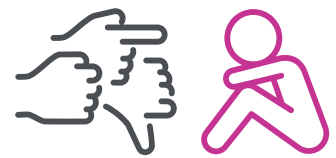
Here's why:



Girls' self-confidence begins to drop by age nine.



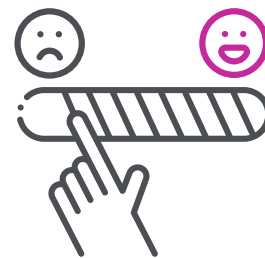
Physical activity starts to decline at age ten and continues to decrease as girls age.



50% of girls ages 10 to 13 experience bullying.



Only 24% of six- to 17-year-olds participate in at least 60 minutes of physical activity every day.



57% of U.S. teen girls felt persistently sad or hopeless in 2021 – double that of boys and representing a nearly 60% increase over the past decade.

OUR PROGRESS IS POWERFUL!

- Girls on the Run Rhode Island annually serves more than 1,000 participants.
- Since 2012 teammates have participated in our program.
- More than 250 volunteers (including caring coaches) support, uplift, and inspire our girls every year.
- Over 2,000 participants and spectators attend our 5K Celebrations every year.

