

GIRLS INCORPORATED OF ST. LOUIS

Inspiring all girls to be Strong, Smart and Bold !

Core Essential Services: The programming and services critical to achieving each area of priority outcomes for girls.

HEALTHY LIVING

Girls will participate in program activities and experiences that provide them with the knowledge, skills, and encouragement to develop and sustain a healthy lifestyle leading to:

- increased knowledge of the dangers of unhealthy choices
- increased level of physical activity
- an improved body image
- improved nutritional habits and consumption of healthy foods
- decreased or delayed substance use and risky sexual activity

ACADEMIC ENRICHMENT AND SUPPORT

Girls will participate in program activities and experiences that expand on and support their school-based learning and engagement leading to:

- an improved outlook and performance in school
- having set personal, educational, and career goals
- improved academic/ school performance
- having educational aspirations beyond high school

LIFE SKILLS INSTRUCTION

Girls will participate in program activities and experiences that build the learning, skills, and behaviors that enable them to function independently and live a productive and fulfilling life leading to:

- increased persistence and resilience
- ability to delay gratification
- improved self and emotional control

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At Girls Inc., our goal has always been to make a difference in the lives of the girls we serve and to do so in a way that distinguishes us from other youth-serving organizations.

SIX ESSENTIAL ELEMENTS



The aspects of our work that must be present for an authentic Girls Inc. Experience

- A pro-girl and girls-only environment
- Trusting, mentoring relationships
- Holistic, compensatory, and intentional
- Research-based curricula
- Hands-on, interactive activities
- Sustained exposure

Strong/Healthy:

- Makes Healthy Choices
- Manages reproductive health
- Has Healthy relationships
- Has sound body image

Bold/ Independent:

- Uses own voice & advocates for others
- Is Resilient
- Has resistance skills
- Ability to regulate emotion
- Knowledge of life skills application

Smart/Educated:

- Motivated to achieve
- Improved academic performance
- Graduates from high school and has post-secondary education
- Sets & achieves personal, educational and career goals



This is based on a \$4,000 to \$5,000 dollar per student

