

THE GIRLS INC. EXPERIENCE HAS PROVEN RESULTS

GIRLS INC. GIRLS OUTPERFORM PEERS ON KEY INDICATORS

A two-year study conducted by The American Institutes for Research, one of the world's largest and most respected behavioral and social science research and evaluation organizations, demonstrates that **the high-quality Girls Inc. Experience delivers proven outcomes.** It also shows that **Girls Inc. girls stand out as leaders across multiple indicators**, exhibiting the **Strong, Smart, and Bold** skills, attitudes, and capabilities to influence and improve their communities.



“[W]e found that girls participating in Girls Inc. were more likely to engage in activities and express beliefs that lead to physical and mental well-being, academic achievement, and the development of leadership skills... [They] had consistently higher math test scores than the comparison group of girls...[and] reported more positive attitudes and behaviors than the comparison group...”

The American Institutes for Research

ACROSS BOTH YEARS OF THE STUDY, GIRLS INC. GIRLS SHOWED SIGNIFICANT ADVANTAGE OVER THEIR PEERS IN **20** IMPACT AREAS.

Academic achievement and high school graduation are important predictors of positive life outcomes. Fourteen school and academic impacts show Girls Inc. girls as **more engaged, curious, and self-assured in academic areas** than their peers as well as better prepared for what comes after high school. Girls Inc. girls had consistently **higher math test scores** than the comparison group of girls. Girls who participated in Girls Inc. also had **higher school attendance rates** and **lower suspension rates**.

With significantly improved post-secondary readiness, Girls Inc. girls know what it takes to get to the next level in college and career, and importantly, they feel ready for what is next. Girls Inc. girls are aware of the steps they need to take after graduating high school, and are **significantly more likely to say they know what education or training they need for the career they want**, as well as what costs to expect for the education or training they will need after high school.

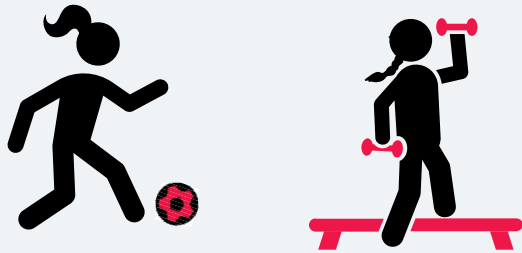


GIRLS INC. GIRLS ARE SIGNIFICANTLY MORE LIKELY TO ...

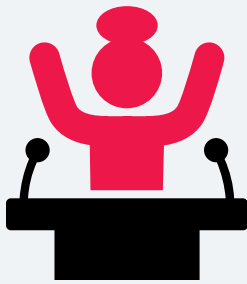
- PERFORM BETTER ON STANDARDIZED MATH TESTS
- BE MORE ENGAGED IN SCHOOL
- EXHIBIT POSTSECONDARY READINESS AND CONFIDENCE
- THINK MATH IS FUN
- BELIEVE IN THEIR ABILITY TO DO CHALLENGING MATH
- BELIEVE IN THEIR ABILITY TO DO CHALLENGING READING
- THINK SCIENCE IS FUN
- BELIEVE IN THEIR ABILITY TO DO CHALLENGING SCIENCE
- GET EXCITED ABOUT SCIENCE
- BE CURIOUS ABOUT SCIENCE
- ENJOY GAMES THAT TEACH SCIENCE CONCEPTS
- LIKE TO SEE HOW THINGS ARE MADE
- WANT TO KNOW MORE ABOUT SCIENCE, COMPUTERS, OR TECHNOLOGY
- WANT TO HAVE A COMPUTER OR SCIENCE JOB

GIRLS INC. GIRLS ARE SIGNIFICANTLY MORE LIKELY TO ...

- EXERCISE DAILY
- PLAY ON SPORTS TEAMS



The study results show Girls Inc. girls are **more engaged in regular, daily exercise** and **in sports team participation** than the comparison group of girls. As girls enter adolescence, physical activity and sports participation can continue to support their well-being and development. For girls, sports participation is associated with healthier eating habits, more positive attitudes towards schoolwork, increased self-esteem, stronger social connections, and the skills to form habits that keep them healthy throughout their lives.^{1,2}



GIRLS INC. GIRLS ARE SIGNIFICANTLY MORE LIKELY TO ...

- EXHIBIT STRONG LEADERSHIP SKILLS AND SEE THEMSELVES AS LEADERS
- BELIEVE IN THEIR ABILITY TO CONTRIBUTE IN THEIR COMMUNITY
- STAND UP FOR FAIRNESS AND THEIR OWN BELIEFS
- RELY ON POSITIVE RELATIONSHIPS WITH ADULTS

LEADERSHIP

Girls Inc. prepares girls with the space and opportunities they need to see themselves as leaders of positive change in their own lives, and in their communities. The study showed **girls outpacing their peers in both their self-perception of leadership skills**, “I am good at leading others to reach a goal,” and their concept of how others perceive their leadership, “My peers see me as a leader.”

SELF-EFFICACY

Girls Inc. girls believe in their own ability to affect change. They understand they have an important role to play as young leaders— using their voices to make a difference in their schools and communities. And more importantly, they believe they can be part of the solution, as changemakers in their society.

The study showed **strong positive differences in outcomes related to their ability to affect change** between Girls Inc. girls and the control groups: Girls Inc. girls more readily believe they can “make a positive difference in my community,” “get involved in my community,” and “solve real-life problems in my community.”

ADVOCACY

Girls Inc. recognizes the importance of self-advocacy and supports each girl as she discovers her voice, grows to understand her power, and practices her ability to stand up for herself and others. Measured by four items that speak to the ability to stand up for self, others, fairness and what is right, the study shows Girls Inc. girls possessing **significant advantages over their peers who are less likely to see themselves as advocates** or to stand up for others and what they believe in.

ADULT PARTNERSHIP

Adults at Girls Inc. play an important role in the lives of girls as trusted, caring mentors trained in an approach that is grounded in the belief in girls’ rights and abilities. These trusting relationships allow for Girls Inc. girls to partner more readily with adults than their peers, and Girls Inc. girls stated that they have adults in their lives “they can trust,” “who want them to do their best,” “who care about them,” and “who believe they will be successful” more frequently than the comparison group.

The AIR study provides compelling evidence that **Girls Inc. changes the trajectory of girls' lives and sets them up for life-long success. Girls are innately powerful, and they are the strong, smart, and bold leaders our future needs.** When girls are given the tools and opportunities to succeed, not only do they change their own circumstances, they also change the circumstances of others around them. **THEY CHANGE THE WORLD.**



METHODOLOGY & FINDINGS

From 2017-2019, AIR conducted a rigorous comparison study to evaluate the impacts of Girls Inc. programming. Led by Dr. Allison Dymnicki, the AIR team studied two cohorts of girls in fourth through twelfth grades at four Girls Inc. locations in the United States. The team was guided by the research question, “Does a high-quality Girls Inc. Experience affect important outcomes in various areas of a girl’s life, namely in health & fitness (STRONG), in school and learning (SMART), and within social and emotional competencies (BOLD)?” To do so, AIR examined information from self-reported surveys and school district data for Girls Inc. participants and a comparison group of girls. To ensure these groups were as similar as possible, girls were matched for 11 demographic and scholastic characteristics.

Overall, there were 31 impacts measured, 4 from school district data and 27 from self-reported survey data. Results were compelling: In Year 1, Girls Inc. girls showed significant advantages over other girls in 22 of the 31 outcomes, and in Year 2, Girls Inc. girls significantly outpaced their peers in 24 of the 31 outcomes.

For the complete **AIR Impact Study Report** and a more thorough understanding of the findings [click here](#). You can also find a conversation about the study at [this link](#).

For more information, contact Girls Inc. Director of Research & Evaluation [Dr. Cristin Rollins](#).

SOURCES

1. Zarrett, N., Veliz, P., & Sabo, D. (2018). Teen sport in America: Why participation matters. East Meadow, NY: Women’s Sports Foundation. Retrieved from <https://www.womenssportsfoundation.org/research/article-and-report/participation-opportunity/teen-sportin-america/>
2. EY and espnW. (2017). Why female athletes make winning entrepreneurs. London, UK: EY Women Athletes Business Network. Retrieved from [https://www.ey.com/Publication/vwLUAssets/EY-why-femaleathletes-make-winning-entrepreneurs/\\$File/EY-why-female-athletes-make-winning-entrepreneurs.pdf](https://www.ey.com/Publication/vwLUAssets/EY-why-femaleathletes-make-winning-entrepreneurs/$File/EY-why-female-athletes-make-winning-entrepreneurs.pdf)