

Girls on the Run

Celebrating the Unique
in Every Body

Environmental Solutions to Obesity
in America's Youth

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6 year old and future “Queen of the United States”
a.k.a.- Brooklyn or Soda Pop





Helen is missing her two front teeth.

The Girl Box

The place girls go, *reluctantly*,
around the age of 5th grade



In the Girl Box.....

Girls are never
ever
good enough.



NEVER

Thin enough

Smart enough

Pretty enough

Sexy enough

Athletic enough

Successful enough

Mother enough

Girl enough

Never Woman enough....



Frequent Outcomes of Living in the Girl Box

Low self-esteem;

Poor body-image;

Eating disorders;

Alcohol and substance abuse;

Addiction to Plastic Surgery

Low feelings of self-worth

A lifelong *futile attempt* to find the *fix* that will in her words, “*make me good enough*”



But when she runs.....



Core Values of our Program

- We are not angry.
- We see obstacles as an opportunity for growth and learning.
- We build resiliency.
- We provide a life-changing experience to the girls, AND to the women who facilitate the groups.
- We put more emphasis on encouraging girls to celebrate ***the process of achieving their goals***, instead of on the achievement of them.



The Girls on the Run Program is:

- Curriculum based
- Gender-specific
- Current
- Connected
- Managed at the local level
- Controlled at the national level
- Positively impacting all those with whom it comes into contact



And it's downright fun!



Three Key Components

- Values: What makes me unique, different and wildly authentic?
- Team Building: What about me is similar to other people and how can I be connected to a positive peer group who celebrates who I am uniquely;
- How do I impact change: What difference can one person make, Empower me!



Each lesson has

- A Getting on Board
- A Warm-up
- A Workout
- Each activity divided by a period of processing
- Numerous opportunities to give each other energy awards and encourage each other in the process....



Madeleine's Idea





www.girlsontherun.org

