



of Carpinteria

## **NEWS**

FOR IMMEDIATE RELEASE

### ***Stronger, Smarter, Bolder: Girls Take the Lead*** **Girls Inc. Releases Trend Analysis of Major Factors Impacting Girls and Guidance on Nurturing the Next Generation of Women Leaders**

*New evaluation from American Institutes for Research found Girls Inc. girls more likely to see themselves as leaders, influencing and improving their local communities.*

**CARPINTERIA, CA (January 16, 2020)** – [Girls Inc.](#), the leading nonprofit that inspires all girls to be strong, smart, and bold, recently released [Stronger, Smarter, Bolder: Girls Take the Lead](#), a report of studied insights into what is needed to ensure girls are prepared to succeed in leadership roles in business, politics, and their communities. *Stronger, Smarter, Bolder: Girls Take the Lead* presents both a wide-ranging analysis of the latest research on the primary factors shaping girls' lives today, and recommendations for the most crucial supports communities should focus on for girls. These supports, when delivered and fostered in tandem, provide life-changing experiences.

While there are more women today in key leadership positions than ever before, there still exists a pervasive gender gap in top leadership. *Stronger, Smarter, Bolder: Girls Take the Lead* outlines four fundamental supports that Girls Inc. has determined are universally beneficial to girls: providing mentoring relationships, encouraging girls to develop and use their voices, promoting positive self-image, and fostering intellectual confidence.

These supports help girls navigate and overcome the multifaceted, interconnected, and persistent barriers they face. The report highlights some of the most recent and significant research on girls, pointing to trends in eleven key factors that shape their lives. The following factors are examined: physical activity, mental health, substance use, teen pregnancy, educational achievement, STEM experiences, graduation rates, juvenile justice, healthy relationships—encompassing harassment, sexual abuse, and leadership opportunities.

“At Girls Inc. of Carpinteria, we are seeing local girls grow and thrive day in and day out – and as a product of this organization I have seen and experienced this positive impact first-hand,” said **Jamie Collins**, Executive Director of Girls Inc. of Carpinteria. “We are proud to see the results of this two-year research report, which both confirms that Girls Inc.’s comprehensive approach makes a measurable, significant interest in the lives of girls and demonstrates to our community, donors, and partners that their investment is incredibly worthwhile.”

Recently, the American Institutes for Research completed a rigorous comparison study designed to isolate and identify the impact of the Girls Inc. on girls' lives. The evaluation was a two-year, quasi-experimental research study that compared girls in Girls Inc. with a similar group of non-participating girls on subjective self-report measures from girls on their experiences, skills, and attitudes, and objective measures from schools on academic and school-based performance. Researchers determined with confidence that regardless of demographic, academic, and social characteristics, girls who participated in Girls Inc. were outpacing their peers in multiple areas of success and were more likely to:

- See themselves as leaders, with the skills and capabilities to influence and improve their local communities.
- Exercise regularly and participate in sports teams.

- Have higher standardized math test scores and self-confidence in STEM subjects, and see themselves in STEM careers.
- Be engaged in and attend school, less likely to be suspended, and be prepared for life after high school.

"Our study found that girls who participate in the Girls Inc. experience demonstrated improved academic performance, school-related behaviors, physical activity, and leadership outcomes," said **Dr. Deborah Moroney**, Managing Director of the American Institutes for Research, a not-for-profit research organization with best-in-class experts focused on social science research, evaluation, and technical assistance.

To learn more about Girls Inc. of Carpinteria, schedule a tour, or support its life-changing programs, please call (805) 684-6364 or visit [www.girlsinc-carp.org](http://www.girlsinc-carp.org).

---

*Girls Inc. of Carpinteria is a member of Girls Incorporated®, a nonprofit organization that inspires all girls to be strong, smart, and bold. With local roots dating to 1864 and national status since 1945, Girls Inc. has responded to the changing needs of girls through research-based programs and public education efforts that empower girls to understand, value, and assert their rights. We provide programs for girls Pre-K through 12<sup>th</sup> grade that focus on science, math, and technology; health and sexuality; economic and financial literacy; sports skills; leadership and advocacy; and media literacy. To learn more, become a volunteer or offer support, please visit [www.girlsinc-carp.org/](http://www.girlsinc-carp.org/).*

###