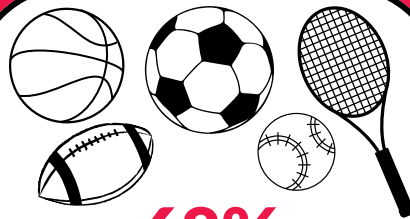


# GIRLS INC. GIRLS ARE **STRONG, SMART & BOLD**

Girls Inc. is dedicated to making a measurable difference in the lives of girls, and has developed the Girls Inc. Strong, Smart, and Bold Outcomes Survey to measure indicators of girl success in a network-wide survey each year. In 2024, over 7,300 girls ages 9 and up, across 65 affiliate organizations, participated. Selected results are below.

## GIRLS INC. PARTICIPANTS VALUE HEALTHY & ACTIVE LIVES

**76%**  
of participants exercise for  
60 minutes at least 3 days a  
week



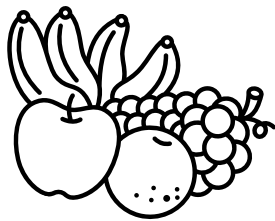
**68%**  
of participants played on at  
least one sports team in the  
past year

**65%**  
of participants ate breakfast  
the morning of the survey



## THEY LEARN TO FORM HEALTHY LIFESTYLE HABITS

**87%**  
of participants ate  
at least one  
serving of fruit in  
the 24 hours prior  
to the survey



**72%**  
of participants ate at  
least one serving of  
vegetables in the 24  
hours prior to the  
survey



## THEY LEARN TO LOVE & CARE FOR THEMSELVES

**59%**  
of participants are  
happy with their  
bodies



**68%**  
of participants said  
their mental health  
was good some or most  
of the time over the  
past 30 days

