We help girls recognize their potential, develop grit, connect with each other, and pursue new possibilities by inviting them to:

Create a space that is safe, supportive, and nonjudgmental
- Respect other people’s opinions, especially when yours is different
- Focus on teamwork instead of competition

Encourage positive self esteem
- You don’t need to ask permission to take care of yourself
- Even if you don’t succeed, be proud you tried
- Respect yourself

Promote healthy body image
- Remind yourself to compliment others on their actions, not their appearance

Use respectful and inclusive language
- Respect chosen names and gender pronouns, and challenge the use of any language that is racist, sexist, homophobic, or derogatory in any way