



OUR APPROACH

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