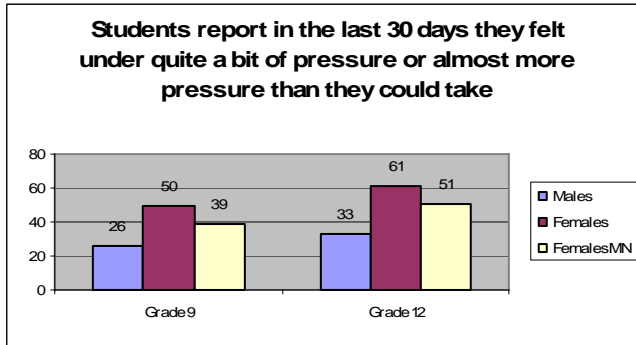
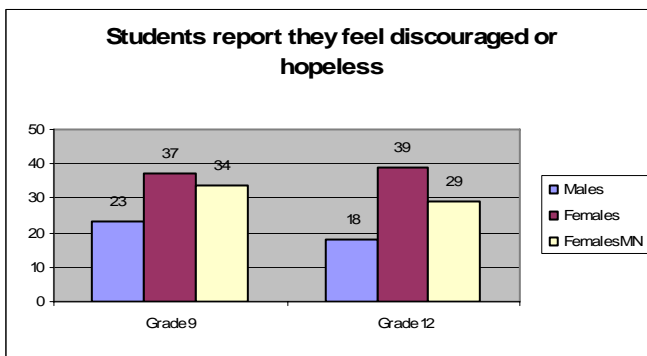


Mankato Data from the 2007 Minnesota Student Survey



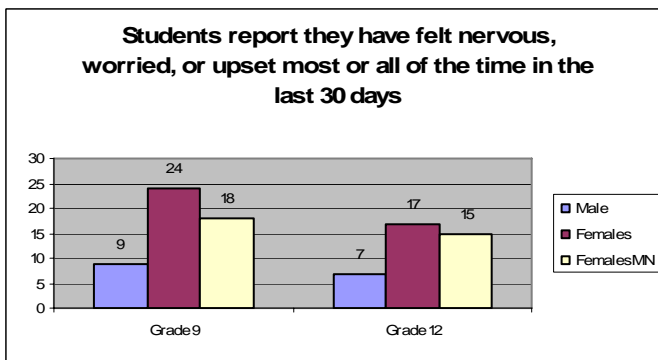
More female 9th and 12th grade students report that they felt under quite a bit of pressure or almost more pressure than they could take.

Mankato females are above the state average in feelings of pressure.



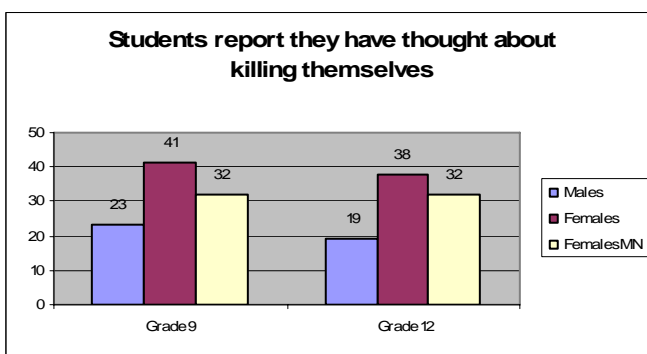
More female 9th and 12th grade students reported they felt discouraged or hopeless.

Mankato females are above the state average in feelings of hopelessness.



More female 9th and 12th grade students reported they felt nervous, worried, or upset.

Mankato females are above the state average in feelings of nervousness.



More 9th grade females reported thoughts of suicide than their male counterparts. This continues into 12th grade.

Mankato females are above the state average in thoughts of suicide.

Girls on the Run of Greater Mankato



eliminating racism
empowering women
ywca

The Mission: *to educate and prepare girls for a lifetime of self respect and healthy living.*

Program:

Girls on the Run is a life-changing, character development program for girls 3rd-8th grade that uses running to teach values and a sense of self. The program combines training to participate in a non-competitive 3.1 mile (5k) walk/run event with self-esteem enhancing, uplifting workouts and a community service project. It builds life lessons that assist in physical, emotional, mental, social and spiritual development. It addresses each girl's individual identity, personal connection to others as well as potential feelings of powerlessness within herself and her community.



We empower young girls to become strong, self-confident women.

Goals:

- to build capacity and strengthen girls in the community
- to reduce the display of at-risk activities among its participants (fewer adolescent pregnancies and eating disorders, less depression and suicide attempts, as well as fewer substance/alcohol abuse problems and confrontations with the juvenile justice system.)



We encourage girls to value who they truly are and to celebrate their unique individuality.

Evaluation:

- Participants have a **higher sense of self-esteem**
- Participants have a **healthier body image**
- Participants have a **positive attitude** toward physical activity



We provide girls an opportunity to experience life "outside the girl box".

