

ROX  TM

RULING OUR EXPERIENCES



(ROX) RULING OUR EXPERIENCES



@RULING OUR EXPERIENCES



@BEINGAGIRLROX

Mission:

**TO EQUIP GIRLS WITH THE INFORMATION
& SKILLS NEEDED TO LIVE HEALTHY,
INDEPENDENT, PRODUCTIVE AND
VIOLENCE-FREE LIVES.**

WHAT DOES ROX DO?



IMPLEMENT
EVIDENCE-BASED
PROGRAMMING FOR GIRLS



CONDUCT
RELEVANT & INNOVATIVE
RESEARCH



EDUCATE
THE COMMUNITY ON
ISSUES IMPACTING GIRLS

HOW ROX PROGRAMMING *works*

ROX trains ...



licensed school counselors,
social workers and
educators to become
program facilitators.

Facilitators lead ...



small groups of girls
through the 20-week
evidence-based
curriculum.

Girls learn how to ...

COMMUNICATE EFFECTIVELY
DEVELOP HEALTHY RELATIONSHIPS
STAND UP FOR THEMSELVES
FORM A HEALTHY BODY IMAGE
NAVIGATE SOCIAL MEDIA & CYBERSPACE
STAY SAFE AND DEFEND THEMSELVES
MANAGE STRESS & PRESSURE
PLAN FOR COLLEGE & THEIR CAREER
BECOME LEADERS



THE GIRLS' INDEX



CardinalHealth
FOUNDATION

Battelle
The Business of Innovation

thirty-one™

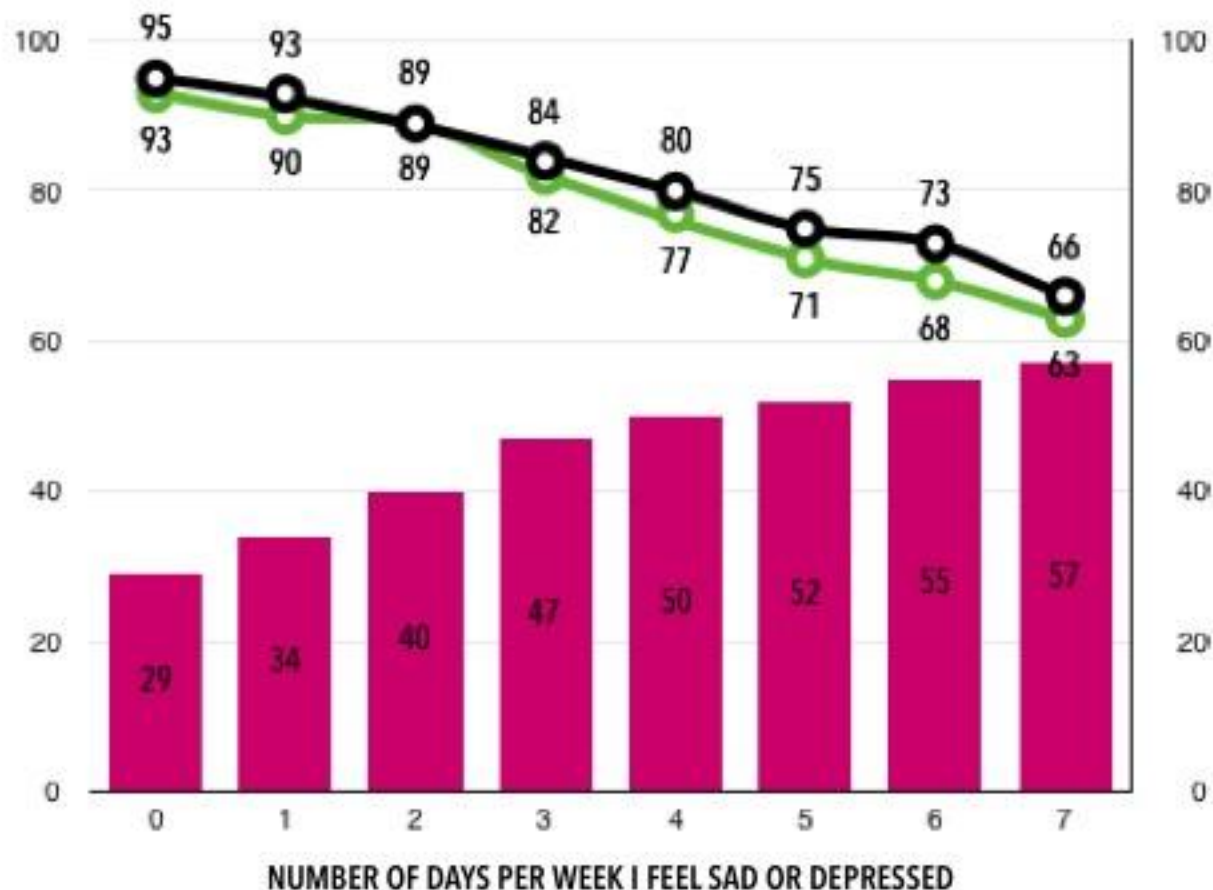
10,678
GIRLS

RELATIONSHIPS

GIRLS' FRIENDSHIPS *& relationships*

- Most girls report having supportive friends they can talk to about serious issues.
- 95% of girls at CSG say that they get along well with other girls.
- Girls at CSG are 11% more likely to say that they trust other girls.

FRIENDSHIPS *matter*



Girls who have supportive friends, get along well with other girls and trust other girls report lower levels of sadness and depression.



WHAT WE ARE *learning*



**1/3 OF U.S. HIGH SCHOOL
GIRLS ARE SAD OR
DEPRESSED**

**4 OR MORE
DAYS A WEEK**

WHAT WE ARE *learning*

**CSG GIRLS REPORT SADNESS
OR DEPRESSION AT LOWER
RATES THAN THE U.S.
AVERAGE**

7TH: 26%

8TH: 14%

9TH: 23%

10TH: 45%

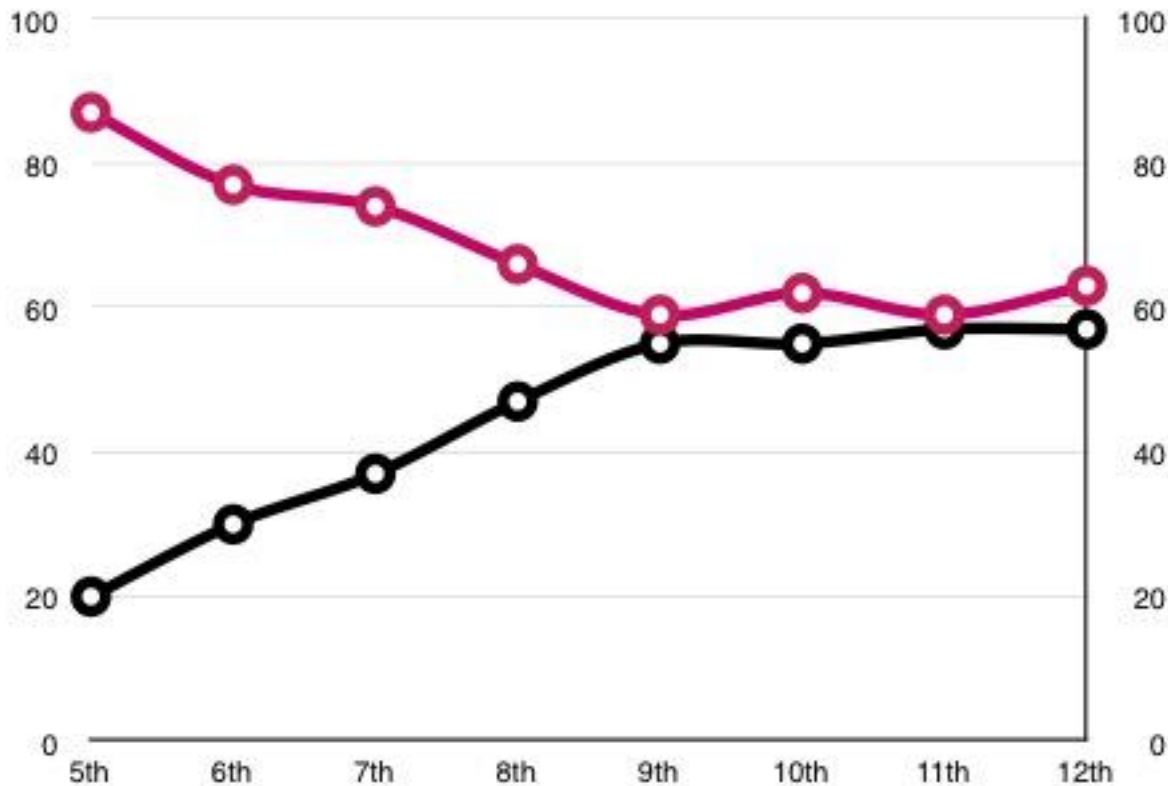
11TH: 17%

WE HELP GIRLS BY ...

- Acknowledging the importance of their friendships with other girls
- Teaching them how to support and collaborate with other girls vs. compete
- Teaching them effective relationship skills like: setting boundaries, communicating openly and assertively, and standing up for one another

CONFIDENCE

CONFIDENCE DECLINES AS GIRLS GET OLDER



- % of girls who describe themselves as confident
- % of girls who wish to change their appearance

Confidence sharply declines from 5th to 9th grade.

12th grade girls are three times more likely to want to change their appearance compared to 5th grade girls.

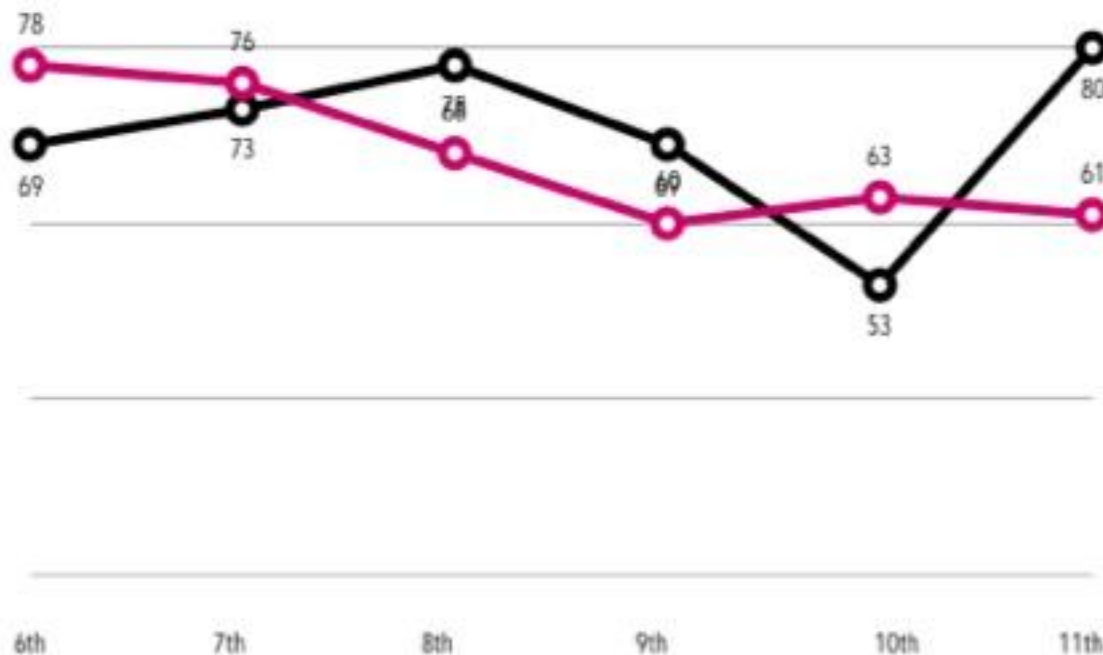
GIRLS WHO LACK CONFIDENCE



ARE LESS LIKELY TO

- SPEAK THEIR MIND
- DISAGREE WITH OTHERS
- BELIEVE THEY ARE SMART
- WANT TO BE A LEADER

CSG GIRLS AND CONFIDENCE



CSG girls experienced a different trend, with confidence rates actually increasing during the 7th and 8th grade years.

Rates at 6th and 9th grade were consistent and then rose again at 11th grade.

- % of girls who describe themselves as confident (National Average)
- % of girls who describe themselves as confident (CSG Average)

MESSAGES *Girls* RECEIVE



SELF-CONCEPT & *decision-making*



RELATIONSHIPS

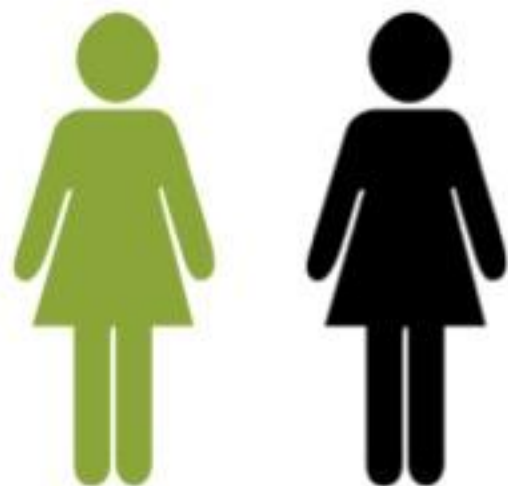
ACADEMICS

CAREERS

LEADERSHIP

GIRLS' PERCEPTIONS *of their abilities*

NEARLY 1 OUT OF
EVERY 2 GIRLS



- Do not think they are smart enough for their dream career
- Think most girls their age are embarrassed to be smart
- Are afraid to speak their mind or disagree with others for fear of not being liked

WHAT WE ARE *learning*



1 IN 3 GIRLS SAY THEY ARE
AFRAID TO BE A LEADER
BECAUSE THEY DON'T WANT
OTHERS TO THINK THEY ARE
BOSSY

GIRLS' PERCEPTIONS *of their abilities*

**CSG GIRLS DIFFERED
ON A FEW OF THESE
ITEMS ...**

- CSG girls are less likely to believe that girls are embarrassed to be smart
- CSG girls are less likely to stay away from leadership positions for fear of being perceived as bossy

THIS IS NOT AN ISSUE OF

competence

RATHER IT IS A CRISIS OF

confidence.

**FOR GIRLS TO DEVELOP COMPETENCY THEY
NEED TO HAVE THE KNOWLEDGE AND SKILLS**

AND

**THE BELIEF IN THEIR ABILITY
TO ACTUALIZE THE SKILLS.**

WE HELP GIRLS BY ...

- Helping them identify their qualities, strengths and characteristics that are not associated with their appearance.
- Complimenting them on their effort, kindness, work ethic, patience, determination, etc. rather than their looks.
- Giving them opportunities to develop competencies – times where they experience themselves successful!
- Reminding them that their voice and opinion matter and what they think and feel is **AS IMPORTANT** to what others think and feel.

LISA HINKELMAN, PH.D.

Founder/Executive Director

www.rulingourexperiences.org

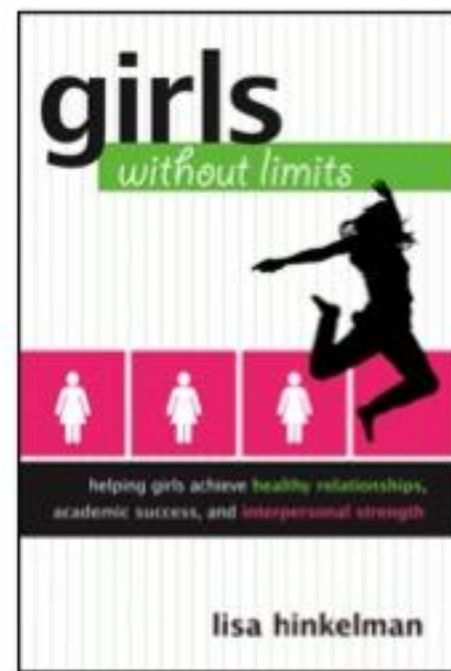
614-488-8080

lisahinkelman@rulingourexperiences.com

Author

*Girls Without Limits: Helping Girls
Achieve Healthy Relationships, Academic Success
and Interpersonal Strength*, Corwin Press, 2013.

THE GIRLS' INDEX REPORT



Go to:

[HTTP://BIT.LY/THEGIRLSINDEXREPORT](http://bit.ly/thegirlsindexreport)

To download the full report