

# FACT SHEET



Girls Incorporated®  
of Metropolitan Dallas

Inspiring all girls to be **strong, smart, and bold**™

girlsincdallas.org

**Mission:** The mission of Girls Inc. of Metropolitan Dallas is to inspire all girls to be “strong, smart and bold™” through life-changing programs and experiences that help girls navigate gender, economic, and social barriers. Girls Inc.’s vision is that all girls graduate from high school equipped for success with personal effectiveness, academic, and career planning competencies to become educated, healthy and independent women.

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| Campus Locations in Underserved Dallas Neighborhoods.....  | 4  |
| Number of Core Curricula Areas.....  | 7 with multiple programs   |
| Number of Girls Ages 6-18 .....  | 847  |
| Hours of Operation During School Year .....  | 3:00-6:30 p.m.   |
| Hours of Operation During Summer .....   | 8:00 a.m. to 5:00 p.m.   |
| Transportation Provided.....   | Pick-up from school and take home  |
| Meals Offered.....   | Kid's Café sponsored by North Texas Food Bank  |
| Summer Camp Programs .....   | Eight weeks of themed programs and Teen Institutes                                   |
| Girls Inc. Member Dues .....   | \$60 school yr./Additional fees for Summer Camp & Teen Inst.(scholarships available) |
| Girls served from single parent families or live with neither biological parent.....                     | 66%  |
| Girls served from families earning less than \$30,000 per year.....                                      | 74%  |
| African American, Latina, Mixed, White, Other .....  | 52%, 42%, 3%, 2%, 1%   |
| Thirteen out of 14 years number of girls remaining pregnancy free .....                                  | 100%   |
| Girls Inc. senior members who have graduated high school in last 14 years .....                          | 100%   |
| Scholarships awarded by Girls Inc. of Metropolitan Dallas since 1999 .....                               | 93   |
| Scholarship awards by Girls Inc. of Metropolitan Dallas .....  | \$1M   |
| Awards Girls Inc. of Metropolitan Dallas has received from Girls Inc. National .....                     | 26   |
| Programs or initiatives that Girls Inc. of Metropolitan Dallas has piloted for Girls Inc.® National..... | 12   |
| Employees .....  | 30   |
| Volunteers .....   | 764  |
| Average Cost Per Girl Served.....  | \$2,340  |
| Annual Operating Budget 2013-14 .....  | \$2,105,073  |
| Foundation Funding.....  | 26%  |
| United Way Funding .....   | 23%  |
| Individuals.....   | 16%  |
| Government Funding (Federal) .....   | 11%  |
| Corporate Funding .....  | 8%   |
| Investments and Other .....  | 7%   |
| Special Events .....   | 6%   |
| Membership Fees .....  | 3%   |
| Money utilized for Program Services .....  | 82.5%  |
| Money utilized for Management.....   | 12.5%  |
| Money utilized for Fundraising .....   | 5%   |

*Girls Inc. awakens the potential in girls and young women and empowers them to become strong, smart and bold women who positively contribute to our communities.*

## Girls Incorporated® of Metropolitan Dallas Programs:

**Seven Core Program Areas:** Girls Inc. of Dallas' afterschool and summer programming is designed and delivered within Seven Core Program areas that support the strong, smart and bold development of the "whole girl." Programs are comprehensive in nature, combining elements of several of the areas to create a stronger, more dynamic platform for the girls' healthy development. Girls Inc.'s National Identity Programs are research-based to add strength, quality and value to the program delivery.

- Physical Health, Sports & Adventure:** Building a strong body is critical to leading a healthy life. Girls Inc. programming helps keep girls physically active and teaches them about the importance of healthy diets and how to create healthy meals and snacks.

**Mind + Body<sup>SM</sup>** engages girls from 6 to 18 in (1) regular physical activity; (2) nutrition and healthy eating; (3) healthy stress management; and (4) understanding positive body image. Programs address girls' mental and physical health issues in a comprehensive, integrated way and includes the use of community resources.

**Sporting Chance<sup>SM</sup>** builds movement and athletic skills, cooperative and competitive spirit, health awareness, and interest in all sports as girls explore the benefits of an active lifestyle.

**Bone Zone:** Bone Zone® is designed to promote bone health for girls ages 9-12. Fun physical activities are used to learn about physiology, sports and movement, and nutrition and support a lifetime of healthy bones and bodies.
- Building Resilience & Life Skills:** Girls need experiences and skill development to build self-confidence, learn responsibility, create healthy boundaries and build resilience so that they can learn how to take healthy risks and resist or refuse to engage in negative behaviors that hinder healthy lives.

**Project Bold<sup>SM</sup>** strengthens girls' abilities to lead safer lives by developing strategies for self-defense. Through innovative programs in a non-threatening and supportive environment, girls develop strategies for physical self-defense skills and verbal assertiveness training; and learn to communicate with adults to help ensure their safety.

**Friendly PEERsuasion<sup>SM</sup>** (Girls Ages 11-14) builds girls' skills for resisting pressure to use harmful substances such as alcohol, tobacco, household chemicals and other drugs. The two-part program teaches girls healthy ways to manage stress and confront peer, media and other pressures. The girls assume roles as PEER leaders for younger girls..

**Media Literacy** encourages girls to think critically about media messages, fosters their awareness of the power of the media and its effects on girls, and challenges girls to develop their own voices and to create their own media messages.
- Educational Enrichment and Academic Achievement:** A strong focus on academic achievement and commitment to graduating from high school, college and career ready provide girls with access into diverse career opportunities and a pathway out of poverty.

**GIRLStart:** Girls Inc. of Dallas developed the **GIRLStart** program for girls ages 6-8, combining reading literacy to ensure girls read at or above established reading levels by 3<sup>rd</sup> grade, with math skills, critical for 21<sup>st</sup> century success

**Operation SMART® (Science, Math and Relevant Technologies)** programming allows girls of all ages to explore the wide and diverse variety of STEM subjects, become increasingly STEM literate, and explore their potential for STEM-related careers.
- Healthy Living & Responsible Sexual Health:** Girls Inc. believes that for girls to grow up with confidence, courage, and competence, it is critical that they grow up with age-appropriate access to comprehensive, factual information about their health, including their reproductive health and contraception. The local teen pregnancy statistics underscore the importance: the U.S. states' teen pregnancy rates range from 16.4 to 64.2 per 1000, with rates highest in the South and among girls of color. In Texas, the teen pregnancy rate is 63 per 1000, and in Dallas it is an astounding and unsettling 76 per 1000.

**My Girlfriend Zelda:** My Girlfriend Zelda is a fun, hands-on program that introduces girls ages 6-8 to human anatomy, physiology, health and hygiene, and the roles and responsibilities of healthcare professionals. Girls learn about the body's organs by becoming surgeons who "operate" on a soft, cloth teaching doll.

**Girls Getting Ready!: Girls Getting Ready! (GGR!),** the teen pregnancy prevention program funded through a three year federal grant, takes a comprehensive approach that equips girls with medically accurate knowledge of reproductive health and the interpersonal skills and tools for pregnancy and STI prevention. GGR! also includes college and career preparation, parent-child communication and economic literacy components that engage girls in setting and achieving goals that would not be possible if they were to become teen moms.
- Leadership Development & Community Engagement:** Girls Inc. combines gender-specific youth leadership training with ongoing civic engagement to prepare girls of all ages to find, develop and use their voices to become active, invested, responsible members of their communities, and leaders and advocates in a growing, complex global society. Using the Girls Inc. Identity program curriculum **Discovery Leadership<sup>SM</sup>** as a guide, Girls Inc. staff works with a large and diverse group of trained volunteers to engage the girls in a series of one time and long term projects that together create the expectation of responsibility and civic engagement for all of the girls.
- College, Career & Life Planning:** Girls need to start in 1st grade to prepare to graduate from high school, college and career ready. The goal setting and planning is done with age-appropriate activities and programs, and involves parents each step of the way. Program options include job fairs, job shadowing, internships and college campus visits. Corporate leaders from across the community serve as guest speakers at events several times each year. **Economic Literacy<sup>SM</sup>** introduces girls to basic economic and financial concepts, including money management, investments, saving for college and global economics. Corporate partner Capital One provides Bank It workshops at Girls Inc. campuses each year for the teen girls, and a special Bank It component for parents.
- Arts, Culture & Heritage:** Afterschool and summer programs include a selection of arts programming to allow the girls to express themselves openly and foster the development of creativity and curiosity. Research repeatedly shows that engagement in the arts - the visual arts, dance, music, theatre and other disciplines - nurtures the development of cognitive, social, and personal competencies; arts focused afterschool programs can increase academic achievement, decrease youth involvement in delinquent behavior and improve youth attitudes towards themselves and others and their futures.



GirlsIncDallas

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