PROGRAM IMPACT REPORT

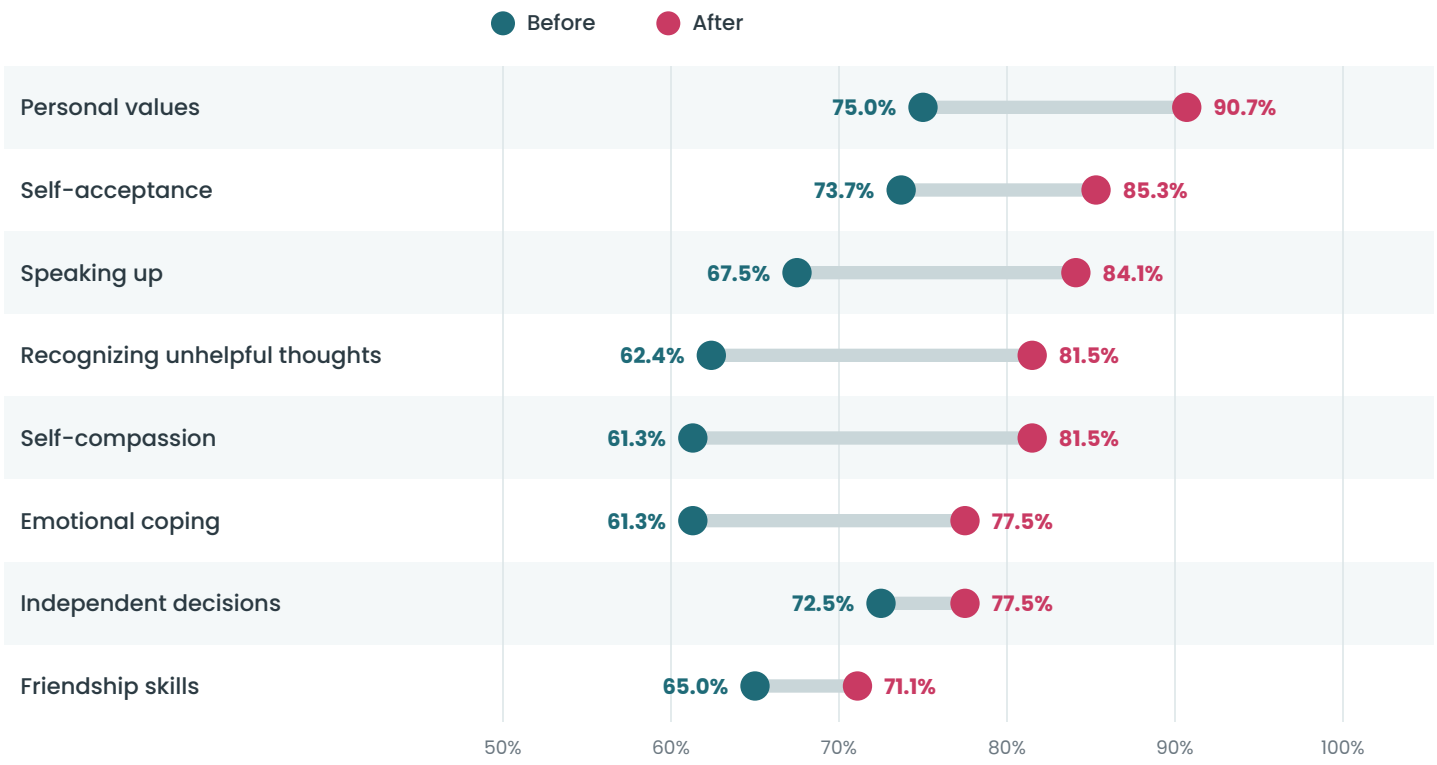
A little growth. A big deal.

The combined impact of Girls on Purpose · Montair + Kolb Elementary

BEFORE	AFTER	GAIN	RELATIVE GROWTH
67.3%	81.2%	+13.9	+20.5%
of maximum score	of maximum score	percentage points	vs. baseline average

Average of 8 self-reported social-emotional skills, shown as a percentage of the maximum 4-point rating.

HOW THE SCORES CHANGED



THE HEADLINE

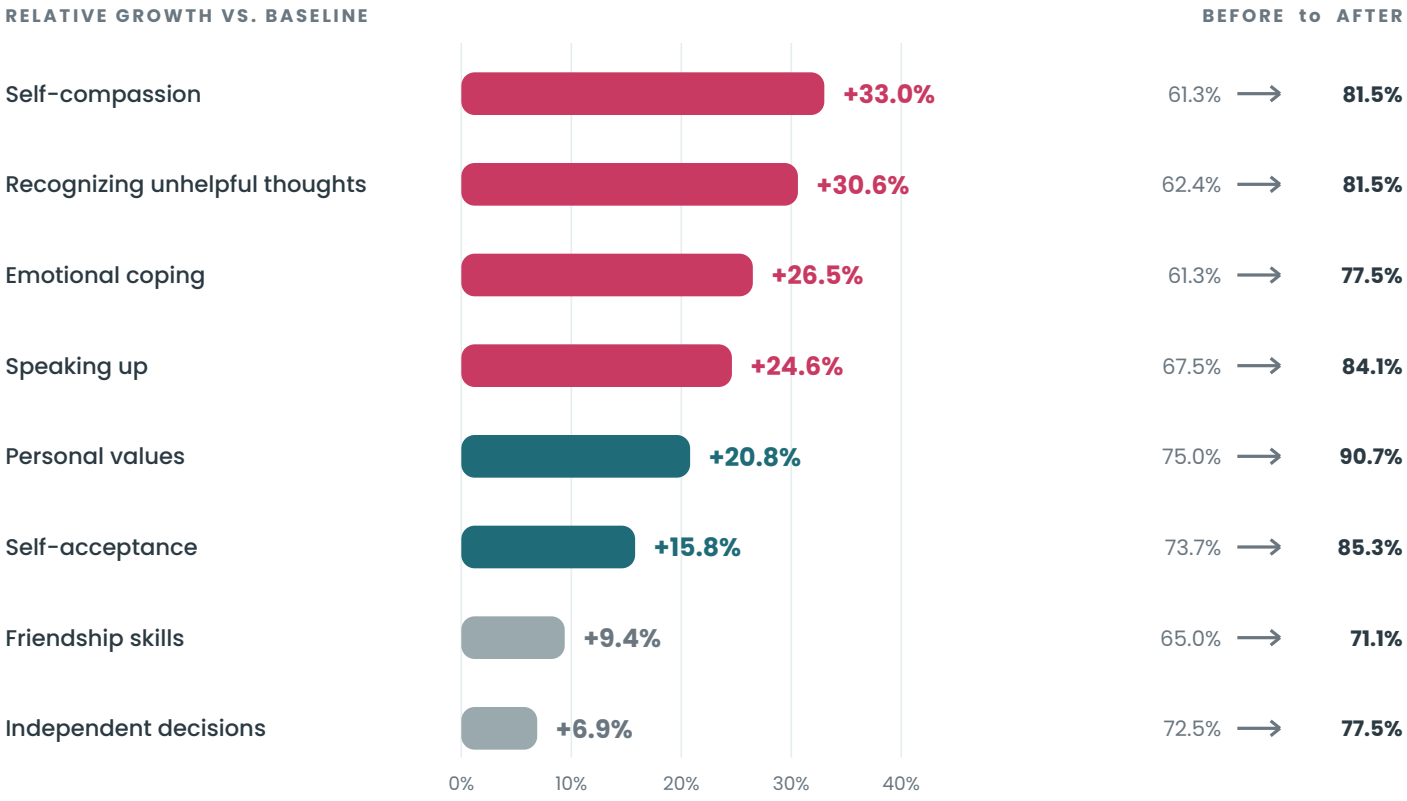
Combined average skill scores rose 20.5% relative to baseline.

Anonymous, unmatched surveys: 20 pre-program and 19 post-program received (20 expected).

SKILL-BY-SKILL GROWTH

Where growth shined

The biggest gains in confidence and coping skills



STANDOUT MOMENTS

Self-compassion	+33.0%
Recognizing unhelpful thoughts	+30.6%
Emotional coping	+26.5%
Speaking up	+24.6%

STILL WORTH BUILDING

Independent decisions (+6.9%) and friendship skills (+9.4%) had the smallest relative gains across both groups.

Both remain important areas for practice, discussion and real-life application.

THE FULL PICTURE

The full story

How each skill contributed to the improvement



Each slice is a skill's share of the total gain in score points.

SHARE OF TOTAL GAIN

Self-compassion	18.3%
Recognizing unhelpful thoughts	17.3%
Speaking up	15.0%
Emotional coping	14.7%
Personal values	14.2%
Self-acceptance	10.5%
Friendship skills	5.5%
Independent decisions	4.5%

SCHOOL-BY-SCHOOL SNAPSHOT

MONTAIR
12 before / 12 after

65.9% → 80.9% **+22.8%**

KOLB
8 before / 7 received (8 expected)
PROVISIONAL

69.5% → 81.6% **+17.4%**

HOW TO READ THESE NUMBERS

- Survey averages are shown as a percentage of the maximum 4-point rating.
- Growth percentages are relative changes in group-average scores, not the percentage of individual girls who improved.
- Anonymous, unmatched surveys. Kolb post-survey #8 is pending; results are provisional.

STUDENT VOICES

From learning to living

What 12 girls said they think or do differently after Girls on Purpose

12
voices

12 girls shared a before-and-after reflection. Their statements offer **qualitative, self-reported evidence** of perceived changes, not independently observed behavior.

SPEAKING UP AND TAKING CHANCES

I used to not raise my hand at all because I was afraid of getting an answer wrong. Now I volunteer and take chances.

FRIENDSHIP BOUNDARIES

I used to think I had to always say yes. Now I think I don't need to say yes every time.

SELF-WORTH

I used to think I needed to be better and I was not good enough for my friends. Now I know I am good enough.

COMMON THEMES

- Speaking up & self-advocacy
- Positive self-talk & self-worth
- Friendship choices & boundaries
- Handling feelings & healthy risks

Student language was lightly edited for punctuation and obvious voice-to-text errors. Some quotes are shortened on this highlights page; complete responses follow.

STUDENT REFLECTIONS · 1 OF 2

In their own words

Anonymized responses to: "What do you do or think differently now than before the program?"

01 FINDING MY VOICE

I used to not speak up, and sometimes I wasn't confident. Now I'm really confident, and I speak a lot.

02 TAKING CHANCES

I used to not raise my hand at all because I was afraid of getting an answer wrong. Now I volunteer and take chances.

03 MANAGING REACTIONS

I used to be dramatic. Now I'm more chill.

04 ADVOCATING FOR MYSELF

I used to think that I wasn't supported. Now I speak up for myself.

05 BELIEVING IN MYSELF

I used to think, "I can't do this, so I am not good enough." Now I know I can do it.

06 HANDLING HURT FEELINGS

I used to get hurt and not speak up for myself when my friends hurt my feelings. Now I know what to say when my friends hurt me or I don't like how someone is treating me.

STUDENT REFLECTIONS · 2 OF 2

In their own words

Anonymized responses to: "What do you do or think differently now than before the program?"

07 KNOWING MY WORTH

I used to think I needed to be better and I was not good enough for my friends. Now I don't care what other people think, and I am good enough for anybody.

08 SAYING NO

I used to think I had to always say yes. Now I think I don't need to say yes every time.

09 AUTHENTIC FRIENDSHIPS

I used to be afraid of losing my friends, so I had to be like my friends, not myself, and felt uncomfortable. Now I know that you can outgrow friends and they should make you feel good and be yourself.

10 CHOOSING FRIENDS

I used to think you had to be friends with everybody. Now I know you can choose your friends.

11 SHOWING APPRECIATION

I used to not say thank you when someone gave me something. Now I say thank you.

12 CHALLENGING NEGATIVE SELF-TALK

I used to think I was fat, I wasn't going to be popular, I wasn't good at math, I was a loser, and I was a bad friend. Now I never listen to mean words people say about me, destroying my monster.