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Stronger, Smarter, Bolder: Girls Take the Lead
**Girls Inc. Releases Trend Analysis of Major Factors Impacting Girls and
Guidance on Nurturing the Next Generation of Women Leaders**

*New evaluation from American Institutes for Research found Girls Inc. girls
more likely to see themselves as leaders, influencing and improving their local communities.*

Denver, CO (January 6, 2020) – [Girls Inc. of Metro Denver](#) is excited to announce today's release of [Stronger, Smarter, Bolder: Girls Take the Lead](#), a report by the Girls Inc. national organization, a leading nonprofit that inspires all girls to be strong, smart, and bold, that studied insights into what is needed to ensure girls are prepared to succeed in leadership roles in business, politics, and their communities. *Stronger, Smarter, Bolder: Girls Take the Lead* presents both a wide-ranging analysis of the latest research on the primary factors shaping girls' lives today, and recommendations for the most crucial supports communities should focus on for girls. These supports, when delivered and fostered in tandem, provide life-changing experiences. In a new study by the American Institutes for Research (AIR), girls who receive the supports offered by Girls Inc. have a significant advantage over their peers who do not.

While there are more women today in key leadership positions than ever before, there still exists a pervasive gender gap in top leadership. *Stronger, Smarter, Bolder: Girls Take the Lead* outlines four fundamental supports that Girls Inc. has determined are universally beneficial to girls and create the conditions for girls to overcome systemic societal challenges and become strong leaders: providing mentoring relationships, encouraging girls to develop and use their voices, promoting positive self-image, and fostering intellectual confidence.

"The research confirms what we have known for years — the Girls Inc. Experience has a significant positive impact for girls and their futures. As Girls Inc. continues to address some of the toughest issues girls face, we are eager to partner with schools and community organizations to expand the reach of our whole-girl programs, with a focus on girls of color and girls from under-resourced neighborhoods. With girls' voice and leadership at the center of this work, we can achieve more than we know," says Sonya Ulibarri, President & CEO of Girls Inc. of Metro Denver

These supports help girls navigate and overcome the multifaceted, interconnected, and persistent barriers they face. The report highlights some of the most recent and significant research on girls, pointing to trends in eleven key factors that shape their lives. The report presents a comprehensive, holistic view of the landscape in which girls in both the U.S. and Canada are growing up. The following factors are examined: physical activity, mental health, substance use, teen pregnancy, educational achievement, STEM experiences, graduation rates, juvenile justice, healthy relationships—encompassing harassment, sexual abuse, and leadership opportunities.

Recently, the American Institutes for Research completed a rigorous comparison study designed to isolate and identify the impact of the Girls Inc. on girls' lives. The evaluation was a two-year, quasi-experimental research study that compared girls in Girls Inc. with a similar

group of non-participating girls on subjective self-report measures from girls on their experiences, skills, and attitudes, and objective measures from schools on academic and school-based performance. Researchers determined with confidence that regardless of demographic, academic, and social characteristics, girls who participated in Girls Inc. were outpacing their peers in multiple areas of success and were more likely to:

- See themselves as leaders, with the skills and capabilities to influence and improve their local communities.
- Exercise regularly and participate in sports teams.
- Have higher standardized math test scores and self-confidence in STEM subjects, and see themselves in STEM careers.
- Be engaged in and attend school, less likely to be suspended, and be prepared for life after high school.

“Xcel Energy and the Xcel Energy Foundation are proud investors in Girls Inc. of Metro Denver. Their focus on building the next generation of the female STEM workforce is transformational. The results from the AIR study further validate our investment in Girls Inc. and solidify our belief that the programs they deliver achieve long-term results for girls and their families.” Shared Elizabeth Gardner, Social Investment Representative at Xcel Energy.

About Girls Inc. of Metro Denver

Girls Inc. of Metro Denver (GIMD) inspires all girls to be **strong, smart, and bold**, and our vision is a world in which every girl values her whole self, discovers her inner strengths, and achieves her goals. GIMD is an affiliate of the national Girls Inc. organization and is the only affiliate in Colorado. Through direct service, GIMD builds safe spaces and fosters long-term mentoring relationships for girls to develop their strengths, learn lasting skills, and take charge of their futures. We also advocate with and for girls to shift policies and attitudes so all girls can thrive. Girls Inc. opens opportunities to girls today while making our society more equitable for all girls. With GIMD, girls grow up healthy, educated, and independent.

Together, we can reach more girls. Learn how you can invest in our work and move us closer to a future where every girl can be **strong, smart, and bold** at www.girlsincdenver.org.