

Six Essential Elements of the Girls Inc. Experience

Every day, Girls Inc. affiliates put our mission into practice through the **Girls Inc. Experience**, which equips girls to navigate gender, economic, and social barriers and grow into healthy, educated, and independent adults. There are six essential elements to the Girls Inc. Experience. Together they represent the People, Environment and Programming that provide the holistic approach grounded in a belief in girls' rights and abilities.



The essential elements of the Girls Inc. Experience are:

People:

1. Trusting, **mentoring relationships** with adult staff and volunteers trained in an approach that is grounded in a belief in girls' rights and abilities;

Environment

2. **A pro-girl and girls-only environment** that is physically, socially and emotionally safe and confirms that girls can succeed and deserve to be taken seriously for the persons they are now and the women they will become;

Programming

3. Holistic, compensatory, and **intentional programming** focused on girls' needs and that provides exposure to a wide variety of experiences and options that girls might not have experienced otherwise;
4. Relevant, field-tested, and **research-based curricula** that confront the serious needs of girls while building the knowledge, skills, and attitudes to enable girls to be competent, confident individuals and adult women;
5. Girl-centered, motivating, deliberate, and **interactive activities** that develop and promote girls' strengths;
6. **Sustained exposure** to programming and connection with a girl over time to increase positive outcomes and reduce the potential for negative outcomes.