



VISION

We are guided by the vision of powerful girls in a society that values and supports every girl.

MISSION

To Inspire All Girls To Be Strong , Smart and Bold.

**girls
inc.**

of Long Island

GIRLS AT A GLANCE

1,000 Girls Served Annually, Grades 5-12

27 school-based programs, 600 girls

4 community programs & camps, 300 girls



CURRICULUM

Programs support the development of the whole girl



Mind + Body

Girls develop healthy habits and positive self-image through learning about body image, nutrition, stress management & physical activity.



Healthy Sexuality

Girls learn to build healthy relationships and develop the skills to make informed choices about their relationships and their bodies.



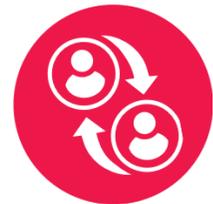
College & Career Readiness

Girls explore careers and postsecondary opportunities, and gain practical life skills including professional communication, resume writing & interview practice.



Financial Literacy

Girls develop skills to enhance their financial competence & confidence and to help them exercise control over their financial future.



Friendly Persuasion

Girls develop communication skills to handle peer pressure and resist using harmful substances.



Leadership & Community Action

Girls strengthen their voices through leadership and advocacy skill-building.



Media Literacy

Girls increase their awareness of the scope and power of the media and the effects of digital media messages.

**90% OF GIRLS FEEL
SAFE & SUPPORTED
IN PROGRAMS AND
SAY THERE ARE
ADULTS AT GIRLS
INC. THEY CAN

DEPEND ON**

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“The Girls Inc. facilitator made us feel comfortable, strong, and smart. Thanks to her I was able to believe in myself. I started standing up for myself and developed a voice in me that I never knew I had.” - Jasmine

83% OF GIRLS FEEL CONFIDENT SPEAKING UP FOR THEMSELVES OR OTHERS

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“Being part of Girls Inc. has completely changed the way I see myself. The skills and values I’ve developed through Girls Inc. have shaped me into someone who isn’t afraid to speak up, be kind, and make an impact wherever I go.”

-Angelina

80% OF GIRLS LEARN RELEVANT TOPICS IN GIRLS INC. NOT TAUGHT IN SCHOOL

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“My facilitator was a wonderful mentor and showed important life skills not taught in academics. She helped me create a resume and gave tips and pointers that helped me secure a job and how to keep a healthy work-life balance.”

-Katherine

85% OF GIRLS FEEL CONFIDENT MANAGING RELATIONSHIPS OR SOCIAL CHALLENGES

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“Girls Inc. has encouraged me to be strong by reinforcing my self-worth and emphasizing my ability to establish boundaries and manage my relationships.” - Dane

93% OF GIRLS FEEL EQUIPPED TO NAVIGATE SOCIAL MEDIA & DIGITAL INTERACTIONS RESPONSIBLY

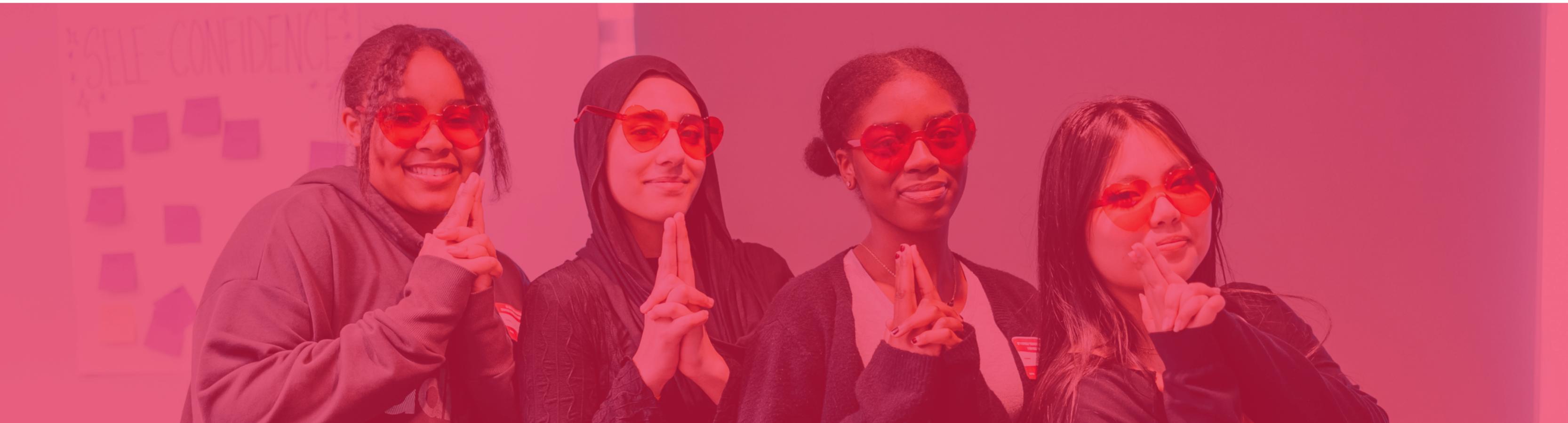
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“Girls Inc. helped me learn how to better respond to peer drama that happens online.” - Kayla

BEING STRONG IS...

“Being able to endure in times of challenges and facing fears head “



BEING SMART IS...

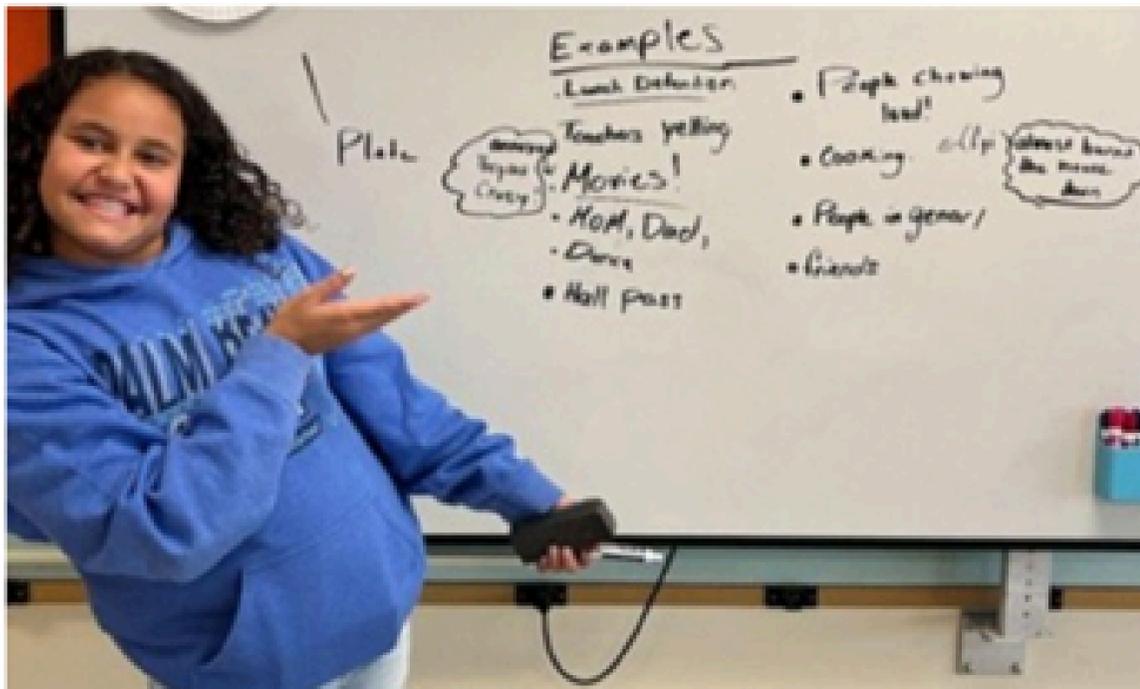
“Using your resources and making the best out of difficult situations.”



BEING BOLD IS...

“Being an independent person.”





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