

What IS Girls on the Run?

Overview of Girls on the Run

Girls on the Run is a physical activity-based positive youth development program (PA-PYD) designed to develop and enhance girls' social, psychological, and physical competencies to successfully navigate life experiences. Over the course of the program girls will:

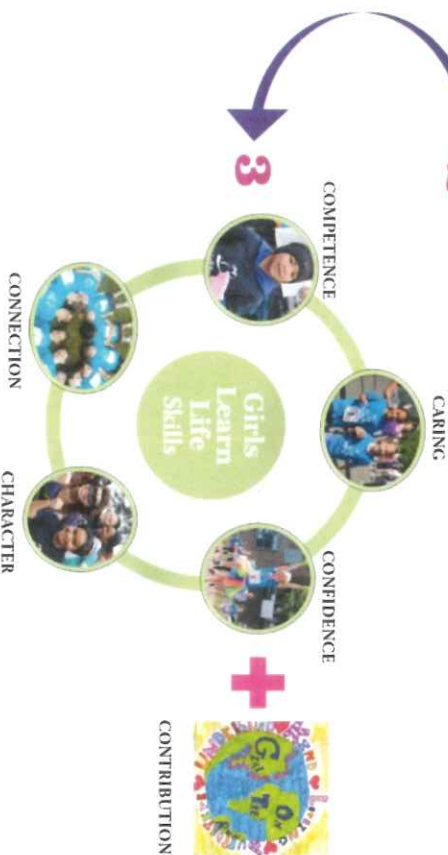
- ✳️ Develop and improve **competence**, feel **confidence** in who they are, develop strength of **character**, respond to others and oneself with **care and compassion**, create positive **connections** with peers and adults, and make a meaningful **contribution** to community and society.

Such life skills will prevent unhealthy and risky behaviors, such as physical inactivity and negative body image, and promote positive health outcomes (e.g., physical, mental, social, and spiritual health).

The Girls on the Run Process and Impact

1 Trained and Supportive Coaches and Volunteers...

2 Deliver Curriculum as Intended...



3

4 Promotion of physical, mental, social, and spiritual health outcomes AND prevention of unhealthy and risky outcomes

Mission

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running.

Vision

We envision a world where every girl knows and activates her limitless potential and is free to boldly pursue her dreams.

Our Core Values

Girls on the Run honors its core values. We strive to:

- ✳️ Recognize our power and responsibility to be intentional in our decision making
- ✳️ Embrace our differences and find strength in our connectedness
- ✳️ Express joy, optimism and gratitude through our words, thoughts and actions
- ✳️ Nurture our physical, emotional and spiritual health
- ✳️ Lead with an open heart and assume positive intent
- ✳️ Stand up for ourselves and others

What Girls on the Run IS NOT:

- ✳️ A competitive running program (running activities are used as a medium for reaching life skills and promoting healthy outcomes)
- ✳️ A program that *directly* targets health issues such as obesity, pregnancy, substance abuse, and eating disorders

Girls on the Run Pocono

SMS: Tues and Thurs 5th Grade

Time : afterschool – 4:45

When: March 6 to May 15

Register go to www.gotpocono.org

*MUST PRE-REGISTER (Girls cannot just show up)

*Space is limited Cost is \$150.00 **Sibling discounts** Scholarships are available No girl will be turned away

For more information or to volunteer contact Dolores at 570-534-7387 or dolores.everett@girlsontherun.org

Program Facilitators: coaches, volunteers, women of all

ages and backgrounds