



## Community Highlights

Girls on the Run takes community involvement very seriously. Each session Girls on the Run partners with a local charity and the girls conduct a community project. One hundred percent of the proceeds collected are donated to our Charitable Partner at our conclusion 5K celebration. To date Girls on the Run York Region & GTA has been able to “give-back” more than \$30,000 to the community.

### Charitable Partners:

- \* **Hospice Vaughan** – Woodbridge, Ontario (Fall, 2004)
- \* **Vita Nova** – Woodbridge, Ontario (Spring, 2005)
- \* **Habitat for Humanity York Region** - Newmarket, Ontario (Fall, 2005)
- \* **Free The Children** – Toronto, Ontario (Spring, 2006)
- \* **Child Find Ontario** – Toronto, Ontario (Spring, 2007)
- \* **Kids Help Phone** - Kids Help Phone is Canada’s only toll-free, national, bilingual, phone and web counselling, referral and information service for children and youth. We provide immediate anonymous and confidential support, 24 hours a day, 365 days a year. Staffed by trained professional counsellors with a wide variety of backgrounds including social work, psychology, sociology, and child and youth services, Kids Help Phone helped Canadian kids in need more than two million times on the phone and online in 2007.
  - Toronto, Ontario (Spring 2008)



## Program Highlights

- \* Girls on the Run York Region & GTA is a non-profit organization dedicated to helping girls stay out of the "girl box" – a place where girls do not value themselves
- \* Girls on the Run is a character development program built around a running program
- \* Girls on the Run uses a whole person approach focusing on the social, mental and physical development of each girl
- \* The program is appropriate for any fitness level as it is non-competitive allowing each girl to set realistic goals based on her comfort levels
- \* Mission: To educate and prepare girls for a lifetime of self-respect and healthy living
- \* Goals:
  - Build a stronger sense of identity
  - Learn the advantages of peer group support
  - Learn to stand up for herself in a healthy manner
  - Have an improved body image
  - Understand her place in her community; and
  - Complete a 5 km walk/run event
- \* Our objective is to reduce the display of at-risk behaviours among our participants (including teen pregnancies, eating disorders, depression/suicide and substance abuse problems) by providing the girls with the tools to make healthy decisions and form healthy self-images.
- \* Currently there are 160 Councils operating in North America and 130,000+ girls have participated in the program
- \* We offer two programs: Girls on the Run (grades 3-5) and Girls on Track (grades 6-8)
- \* This 9 week session takes place each spring. At the conclusion of the 9 week session, the girls participate in a 5k walk/run event to celebrate their success
- \* The girls meet twice a week, for one hour and fifteen minutes per session
- \* Group size: minimum 8 to a maximum of 20 girls
- \* This program is run as an after-school program, located on school property
- \* The program is run by two (2) curriculums and CPR/First Aid trained Coaches
- \* Every Coach is Police Screened and completes an Arrest Affidavit
- \* Each session Girls on the Run partners with a local charity and executes a Community Project. All (100%) of the proceeds collected are donated back to the charity at the closing 5K celebration
- \* Through the data gathered by GOTR GTA there is a 0% drop-out rate and 50% of participants re-enroll