

# EMPOWERING GIRLS TO RULE THEIR OWN RELATIONSHIPS, DECISIONS & FUTURES

## RULING OUR EXPERIENCES

EVIDENCE-BASED PROGRAM FOR GIRLS IN GRADES 5-12

### ROX TRAINS...



female counselors,  
social workers & educators  
to become program facilitators

**PROFESSIONALLY DELIVERED**

### FACILITATORS LEAD...



small groups of girls in 5th-12th  
grades through the 20-week,  
evidence-based curriculum

**IN-DEPTH & CO-CURRICULAR**

### GIRLS LEARN...

- ✓ Communication
- ✓ Healthy Relationships
- ✓ Body Image
- ✓ Social Media
- ✓ Stress & Pressure
- ✓ Self-Defense
- ✓ College & Career
- ✓ Leadership

**POWERED BY DATA**



ROX is the national non-profit leader on programming, research and education focused on girls. Our mission is to create generations of confident girls who control their own relationships, experiences, decisions and futures.

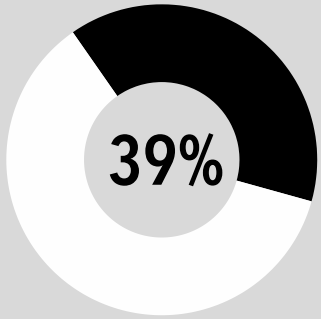
# YOUR GIRLS ARE STRUGGLING...

(The Girls' Index, 2023)

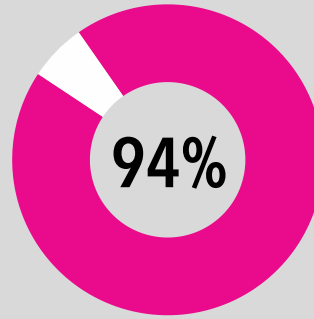


# HAS THE SOLUTIONS!

(ROX Pre & Post Tests 2006-2023)



only 39% of girls feel like they **BELONG** at their school...



94% of girls report that ROX is a place at school where they **BELONG**.



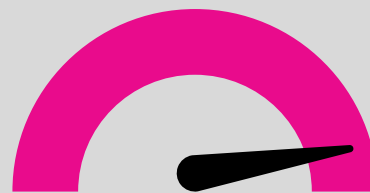
79% of girls report that they are under so much **PRESSURE** they are going to **EXPLODE**...



82% of ROX Girls learned healthy ways to **MANAGE STRESS & PRESSURE**.



54% of 5th/6th graders say girl **DRAMA & BULLYING** keep them from school...



92% of girls in ROX learned healthy ways to **MANAGE CONFLICT**.



The cost to start a ROX Program is \$1,600. This includes ROX certification training and the first ROX group, up to 10 girls!

**Start a ROX Program for \$1,600!**