



BIO Girls Youth Program According to Parents 2022

Our research has shown that BIO Girls youth programming has a significant, positive effect on girls who participate. Girls show increased self-esteem across a variety of domains, including global, academic, body, family, and social.

Parents notice these effects too! In our research, we found that 71% of parents noticed an increase in self-esteem in their daughters. In particular, parents noted improvements in peer relations, self-confidence, physical activity, and family/home life.

- Parents stated that their daughters had more friends, showed more kindness and understanding with their friends, were more outgoing, and had greater acceptance of others.
- A common theme for parents was the greater self-confidence they observed in their daughters, including pushing themselves to accomplish goals, a better ability to speak up for themselves, increased willingness to try new things, more positivity, and more gratitude.
- Parents noted that their daughters showed more enjoyment of physical activity, a greater love of running, and more strength as well as being more active and using physical activity to relieve stress.
- At home, parents reported that their daughters were more open and willing to share, frequently talking about the lessons they learned in BIO Girls!

Before BIO Girls started, about half of parents rated their daughters' self-esteem as good or excellent. This number jumped to 73% of parents stating that their daughters' self-esteem was good or excellent by the end of the program! Before the program started, 25% of parents were moderately or very concerned about their daughters' self-esteem. By the end of the program, only 10% were moderately or very concerned about their daughters' self-esteem!

Similarly, before BIO Girls started, 67% of parents rated their daughters' mental health as good or excellent. This number jumped to 78% of parents stating that their daughters' mental health was good or excellent by the end of the program! Before the program started, 21% of parents were moderately or very concerned about their daughters' mental health. By the end of the program, only 11% were moderately or very concerned about their daughters' mental health!

According to parents, these are the top 4 things their daughters liked about BIO Girls:

1. Relationship with mentor
2. Accomplishing goals
3. Meeting new friends
4. Lessons (including topics such as goal-setting, risk-taking, gratitude, positive choices, kindness, and mindfulness)

94% of parents would recommend BIO Girls to other parents.