



2019 Annual Report



Mission

BIO Girls improves self-esteem of adolescent girls through empowerment of self and service to others.

Vision

To create a world where girls are confident enough to be their **bright, bold, beautiful** self - inside and out.

"I have seen such a remarkable growth in confidence in my daughter in the last couple years, and I attribute much of it to BIO Girls."

Impact



In 2019,

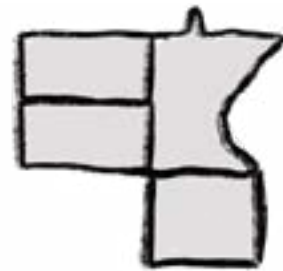
60% of participants experienced significant increase in self-esteem, and 75% of parents saw positive effects on other areas of their daughter's life.



32

Program Locations

- 4 States
- 94% Retention



17,953

People Impacted

- 32 Service Projects
- Project Highlight: Davis County BIO Girls raised \$3,979 for the Food Bank of Iowa Mobile



1,052

Participants

- ↑ 194% Referrals
 - ↑ 406% Scholarships
- \$8,190 in scholarships

*Thank You Choice Bank, Operation Serve & PaY for funding scholarships



432

Volunteers

- 76% of Site Directors would volunteer again
- 90% of Mentors would volunteer again

New in 2019



You Be You Gala

375 guests attended, 41 volunteered and \$31,000 raised!



Be You Journal

Curriculum workbook for participants.

Thank you Power of 100 RRV for funding journals.



BIO Girls Worldwide Headquarters



Fargo, ND



Summer Day Camp

35 girls impacted in the Fargo-Moorhead-West Fargo community.



Program Feedback

96% of parents *would recommend* to others *and* **73%** of parents rated the program as *'exceptional'*

"My daughter started focusing on being happy for who she is, instead of trying to be someone she is not, in terms of physical appearance and personality."



Top 3 answers for "what was the best part about BIO Girls" according to participants:

1 Accomplishing Goals 

2 Lessons 

3 Relationship with Mentor 

Reach

10,075 Total Facebook Followers 

1,748 Corporate Facebook Followers

428 Instagram Followers 

476 Newsletter Subscribers 

22 LinkedIn Followers 

1,930 Monthly Website Vists 

"My oldest daughter used skills she learned about healthy friendships when a friend of hers was texting her inappropriately...she used many of the skills from BIO Girls to handle the situation. My younger daughter gained so much confidence in herself. I noticed her trying to be healthier and less hard on herself; instead she wasn't concerned with being perfect, just with trying her best!"

Mission Partners



In 2019,
478 Businesses, Foundations & Individuals Supported BIO Girls.



Thank you, Community Partners!



Thank you Donors!

Our impact is possible because of your generosity.

“Sanford is proud to sponsor programs in the community that focus on the health and wellness of children. BIO Girls is an incredible opportunity for girls, grades 2 through 6, to be involved in a program that strives to build their confidence and self-esteem as they work toward a goal. Focus is given to both physical and mental well-being for the girls through the incredible curriculum. Our mutual passion for the well-being of kids is why our partnership with BIO Girls began and also why it will continue.”

Brittany Montecucollo, VP of Operations of the Fargo Market



“Girls are under constant pressure to look perfect, act perfect and be perfect, when they really just need to be themselves and love themselves for it. They need to build self-worth. They need more confidence. They need more kindness. They need more BIO Girls and less of the garbage they have to deal with in their social circle and in society as a whole. I guess I just want my daughter to feel good about herself, and that’s what I see as a result of BIO Girls.”

Travis Kurtz, Owner

narrative.

Grants



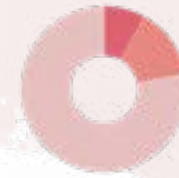
Otto Bremer Foundation
To increase operational capacity.



FM Area Foundation Women’s Fund
To diversify programming.



Blue Cross Blue Shield Foundation
To diversify programming.



Mission Support Sources

- Individual and Corporate Donations 54%
- Registration Fees 19%
- Grants 16%
- Gala 9%
- Scholarship Fund 2%

Expenses

- Programming 78%
- Fundraising 14%
- Admin 8%

Net Income: \$21,953



“I support BIO girls because I believe that every girl deserves a chance to discover that she has inherent value, that she can do hard things, and that she is beautiful, inside and out.”

Becca Bakke, Pediatrician & BIO Girl Parent



Support Adolescent Girls

Get Involved

Support our Mission

It only costs \$300 to increase the self-esteem of one adolescent girl through our proven 12-week program. This boost in self-esteem changes a life and makes a community stronger. Would you be willing to sponsor one girl?

[Donate](#)

Be a Change-Maker

BIO Girls is 100% facilitated by volunteers. These change-makers connect with our mission, ooze passion and want to build stronger communities one girl at a time. For more information on bringing BIO Girls to your community visit: [Site Expansion](#)

Volunteer

Each program location relies on adults to serve as mentors and positive role models for adolescent girls throughout the 12-week season. In 2020, over 700 mentors will be needed to fulfill our mission. To get involved as a volunteer mentor, visit: [Get Involved](#)

Corporate Matching

Many organizations offer corporate gift matching opportunities for financial donations or volunteer hours. This is an easy way to support the BIO Girls mission. Make your donation today: [Donate](#)

Events

BIO Girls will host two major fundraising events in 2020: The Find Your Kind 5K Race and the You Be You Gala. If you would like to get involved on a planning committee, think your organization would consider becoming a sponsor or would like to volunteer on the day of the event, we would love to hear from you. Reach out to Missy at missy@biogirls.org.

"She is more outgoing, carries on and starts conversations, seems more confident and proud of herself. She does a better job of handling tough situations. She is like a whole different kid in just these few short weeks."





BIOGirls.org