



# 2020



**BIO GIRLS 2020 ANNUAL REPORT**



A world where every girl has the confidence to be her bright, bold and beautiful self.

That's the vision we're chasing.

## THANK YOU

Your generosity has brought this vision to life in so many communities across the Midwest.

Despite the hurdles COVID-19 has created for our organization, BIO Girls has continued to make an impact when our girls needed us most.

Your support has empowered adolescent girls across the Midwest to be fearless, kind, dream-chasing individuals.

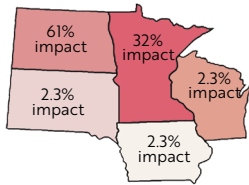


# IMPACT

**62.5%** of participants experienced significant increase in self-esteem.

**85.7%** of parents saw positive effects on other areas of their daughter's life.

## 49 PROGRAM LOCATIONS



» 53% growth from 2019

» 91% retention rate

## 1,477 PARTICIPANTS

» 40% increase from 2019

» 43 girls professionally referred

» 146 girls on full scholarship

» \$30,952 in scholarship money granted

## 598 VOLUNTEERS

» 70% Site Director retention rate

» 66% of Site Directors would volunteer again

» 98% of Mentors would volunteer again

“ My daughter is better able to express her feelings. We talked a lot about her reactions to different groups and friendships at school, and how she can approach those relationships in a positive manner.

- 2020 BIO Girls Participant Parent

# PROGRAM FEEDBACK

**100%**

of parents would recommend to others.

**87.5%**

of parents rated as exceptional.

**100%**

of parents rated as good or exceptional.

“ This program is amazing!!! Both of my of daughters seem more confident in themselves, particularly my oldest daughter! During other activities she sets individual goals and works to achieve those goals without being discouraged by others reaching their goals first. She is applying the tools she learned throughout this program to push herself while encouraging others along the way.

- 2020 BIO Girls Participant Parent

## NEW IN 2020

### PILOT PROGRAMS

BIO Girls piloted CrossFit, Dance & Yoga programming types.



### FIND YOUR KIND 5K

BIO Girls inaugural virtual 5K race.





# EVENTS

## GIVING HEARTS DAY

» **275** Donors



## FIND YOUR KIND VIRTUAL 5K

BIO Girls inaugural 5K race transitioned to a virtual race while navigating the COVID-19 pandemic.

- » **406** Community Participants
- » **691** BIO Girls Participants
- » **Unlimited** Kindness Spread



## GIVE A GIRL A VOICE VIRTUAL GALA

BIO Girls second annual gala transitioned to a virtual gala to comply with large group gathering restrictions due to COVID-19.

- » **568** girls sponsored
- » **29** watch parties
- » **350** tickets sold



# MISSION PARTNERS



narrative.



**THIELEN**  
FOUNDATION



**SCHEELS**



Thank You 2020 Community Partners

“

“TEARS is proud to donate to BIO Girls, and specifically, to our local BIO Girls locations. Participation in BIO Girls can equip an adolescent girl with coping skills she can use throughout her lifetime. These coping skills can promote mental wellness and resiliency, key components to upstream suicide prevention.”

## Grant Highlights



### Grand Forks Women's Fund

Funding for four BIO Girls sites: Grand Forks, EGF, Crookston and Thompson.



### Otto Bremer Foundation

Funding for corporate operational expansion.



### OtterTail Power Foundation

Funding for five BIO Girls sites: Fergus Falls, Crookston, Bemidji, Wahpeton and Jamestown.

# THANK YOU DONORS

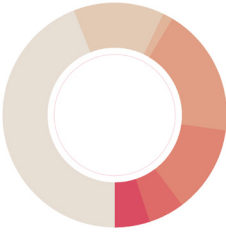
966

New Donors &

1,065

Total Donors

MISSION  
SUPPORT  
SOURCES



- DONATIONS | 44.08%
- GRANTS | 18.61%
- REGISTRATION FEES | 13.08%
- GALA | 12.55%
- GIVING HEARTS DAY | 5.18%
- 5K RACE | 5.05%
- SCHOLARSHIP FUND | 1.45%

EXPENSES



- PROGRAMMING | 76%
- FUNDRAISING | 15%
- ADMIN | 9%

## MARKETING REACH



| @biogirlsinc

2,773 Corporate Facebook Followers

15,534 Total Facebook Followers

1,037 Instagram Followers

5 TikTok Followers



| BIO Girls

24,000 Monthly Pinterest Viewers

167 LinkedIn Followers



BIOGirls.org

2,022 Average Monthly Website Visits

717 Newsletter Subscribers

# TAKE ACTION

## DONATE

It only costs \$212 to increase the self-esteem of one adolescent girl through our proven 12-week program. This boost in self-esteem not only changes a life but it also makes a community stronger. [Sponsor A Girl](#) today.

## COMMUNITY PARTNER

Become a Community Partner and support our self-worth building program that reaches across the Midwest. Contact Karli at [Karli@biogirls.org](mailto:Karli@biogirls.org).

## VOLUNTEER

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 volunteer opportunities or for information on how to bring BIO Girls to your community, visit: [Get Involved](#)

## COMMITTEES

Volunteer by sharing your expertise on an annual committee: marketing or fundraising. If you would like to get involved on a planning committee, or would like to volunteer on the day of an event, contact Karli at [Karli@biogirls.org](mailto:Karli@biogirls.org).

## CONNECT WITH US

Find BIO Girls on social media and online!

