



GIRLS 1 IN 6 NORTH DAKOTA



# 2022

BIO GIRLS ANNUAL REPORT



“

I remember feeling desperate when I first signed my daughter up for BIO Girls. I was so worried about her confidence, self esteem and lack of friendships. She finished her season this past weekend feeling so good about herself and surrounded by friends and I was so happy!!! This was an amazing program! Best mentors!

~ 2022 BIO Girls Participant Parent



# OUR MISSION

OUR MISSION IS TO IMPROVE THE SELF-ESTEEM IN ADOLESCENT GIRLS THROUGH EMPOWERMENT OF SELF AND SERVICE TO OTHERS.

BIO Girls made tremendous strides toward our strategic goal in 2022. Our goal? To impact 1 in 6 adolescent girls in North Dakota annually by 2025. By doubling our impact in 2022, BIO Girls reached 1 in 13 girls and 2,263 girls overall.

We remained focused on this goal because our girls are suffering in the areas of body esteem, mental health and thoughts of suicide. BIO Girls provides preventative programming to address the number one predictor of emotional and behavioral issues: low self-esteem. And BIO Girls works. Year over year, 70% of program participants experience a significant increase in self-esteem and 50% reduce their feelings of anxiety. We have been able to maintain these results as we grow because of the incredible work of our team and the thousands of passionate volunteers who bring our program to life.

We are grateful to our partners who power our program - our donors, our sponsors, our advocates, and our volunteers. Together we are impacting lives, together we are creating healthier communities, together we can make a difference.

Thank you.

**- Missy Heilman | BIO Girls Founder & Executive Director**

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THANK YOU, 2022 BIO GIRLS OFFICIAL PARTNERS

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**2013**

Participants 40  
Sites 1

**2015**

Participants 80  
Sites 2

**2017**

Participants 440  
Sites 11

**2019**

Participants 1280  
Sites 32

**2021**

Participants 1657  
Sites 45

**2022**

Participants 2263  
Sites 75



# 12

SESSION PROGRAM

IMPACT YOUTH PROGRAM

Around since 2013, the BIO Girls Youth Program is a 12-session program for girls grades 2-6 created to build self-esteem and provide valuable mentorship while cover topics like leadership, mental wellness, healthy relationships and kindness.



2020 1 IN 25  
2021 1 IN 25  
2022 1 IN 13

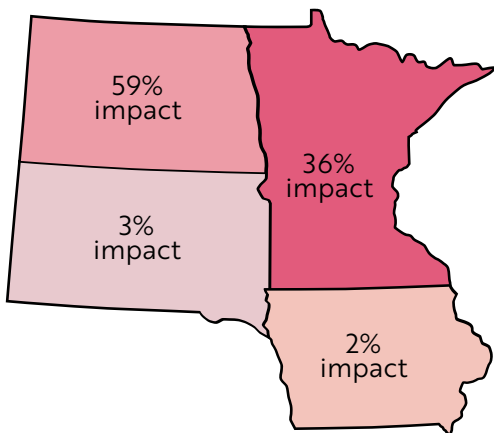
# OUR BOLD GOAL

TO REACH 1 IN 6 NORTH DAKOTA GIRLS  
ANNUALLY BY 2025.

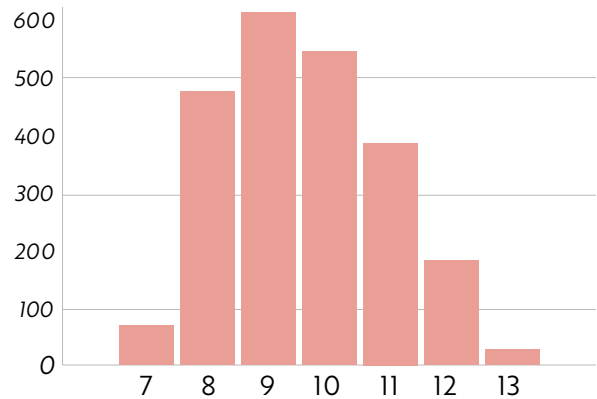


# 75

PROGRAM LOCATIONS



PARTICIPANTS AGE





“

SCHEELS is honored to support such an amazing organization which makes a very positive impression on so many girls across the area. It's truly humbling to see the impact BIO Girls makes within our communities and the young lives they mentor. We look forward to partnering with them and helping to make a difference in our communities.

~ *Marcus Thornton* - CMO, SCHEELS

#### PARTICIPANTS ETHNICITY

- 90.9% White
- 1.2% American Indian or Alaska Native
- 0.71% Asian
- 1.4% Black or African American
- 1.8% Hispanic or Latino
- 0.4% Native Hawaiian or Other Pacific Islander
- 3.6% Choose not to Provide

# 2263

TOTAL PARTICIPANTS

- » 289 girls professionally referred from 197 sources
- » 271 girls on full scholarship
- » 188 girls on scholarship also on free and reduced lunch
- » \$210,000 Total Financial Assistance



IMPACT  
2022

**875**  
TOTAL VOLUNTEERS

- » Mentors - 719 (651 Adult, 68 Junior)
- » Site Directors - 156
- » Exceptional Experience - 64%
- » Volunteers that would do it again - 87%



“

Every year, the BIO Girls program changes the lives of participants and volunteers. There is a ripple effect that comes from the tools the girls are learning and applying to their lives. So much that friends and family are reaping the benefits right alongside the participants.

~ 2022 BIO Girls Site Director

## ACCORDING TO PARTICIPANTS

### TOP FAVORITES

- 1 Relationship with mentor
- 2 Accomplishing goals
- 3 Meeting new friends

### ONE SKILL YOU LEARNED

- » To keep going.
- » I do not need to change myself.
- » How to love yourself.
- » God is guiding you.  
And watching over you.
- » To not only care for others  
but to care for myself.



“

Raising two beautiful young daughters while knowing that 6 in 10 adolescent girls struggle with self-esteem issues makes it very easy for us to continue to support BIO Girls and their amazing mission that is just too important to fail! Great job BIO Girls team, we need more of you all!

~ Lisa and Erik Hopperstad

## YOUTH PROGRAM

# 82%

of participants reported always thinking that they are a good person.

# 50%

of participants experienced decreased anxiety.

# 7 OUT OF 10

participants experienced increased overall self-esteem.



RESULTS  
2022

# 90%

of those scoring in the lowest quartile of self-esteem scores at the start of the program increased their overall self-esteem scores by an average of 10 points (on a scale of 0-100).

The biggest change in self-esteem was evident in participants who had the **lowest total self-esteem scores at the beginning of the program.**

# 9 OUT OF 10

participants experienced an increase in at least one type of self-esteem (global, academic, body, family, or social esteem).



“

BIO Girls is a fantastic program that encourages young girls to find their voice, and their talents and then use those things to conquer fears, friendships and other obstacles. I'm thrilled to apart of such a powerful program.

~ 2022 BIO Girls Mentor

body image  
 mental health  
 relationships  
 self-confidence  
 faith & teens

TEEN PROGRAM

BODY IMAGE MODULE RESULTS

100%

of participants experienced increased body esteem.

9 OUT OF 10

teens experienced decreased social comparison.



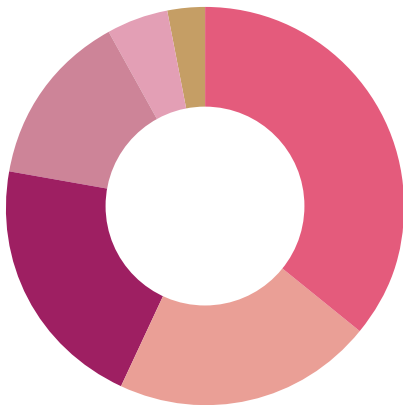
“

The trustees of the Alex Stern Family Foundation are very pleased to continue to support BIO Girls and their mission of building self-esteem in girls. The fact that BIO Girls has made a difference in the lives of 2800 + young girls is an incredible accomplishment and the future is unlimited. Congratulations to BIO Girls on your impact and continuing to set the bar higher.

~ **Dan M. Carey - Trustee, Alex Stern Family Foundation**

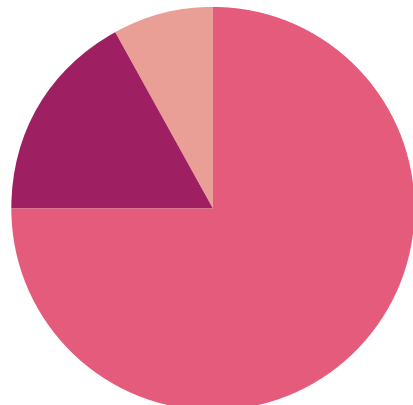


### SUPPORT REVENUE



- EVENTS • 36%
- BUSINESS DONATIONS • 21%
- SERVICE REVENUE • 21%
- GRANTS • 14%
- PRIVATE DONATIONS • 5%
- SCHOLARSHIP FUND AND IN-KIND DONATIONS • 3%

### EXPENSES



- PROGRAMMING • 75%
- FUNDRAISING • 17%
- ADMINISTRATIVE • 8%

## GRANTS & DONATIONS

We are grateful for the hundreds of businesses and individuals who support our mission. Your gifts have directly impacted the mental and physical well-being of thousands of adolescent girls. \$250,000 was secured through grants to carry out our mission.

### THANK YOU, 2022 BIO GIRLS FOUNDATION PARTNERS



“ Being a father of two young girls, 9 & 6, BIO Girls is such an easy program for us to support and advocate for. We want our girls, our nieces and our friends’ daughters to be confident in who they are. My wife, Lisa, has been a mentor for 10 years, our oldest daughter is going into her 3rd year, and our youngest starting next year. The addition of the teen program will allow our girls to grow and learn as BIO Girls for years to come.

~ Dereck Richter - Level 8 Steam Cleaning & Restoration

“ The Fargo-Moorhead Area Foundation is a proud supporter of BIO Girls. We believe BIO Girls helps to make our region a stronger, better, and more vibrant community to live in and raise children. BIO Girls participants experience improved self-esteem, body image, and mental health with a mission that grows both their physical and mental endurance through empowerment of self and service to others. Thank you for bringing this important mission to our region!

~ Eric Wilke - CEO, Fargo Moorhead Area Foundation

## OVERVIEW

This report uses data from 20 BIO Girls locations serving 701 girls from January through May 2022. 547 participants completed preseason research surveys, and 483 participants completed postseason research surveys. Research surveys included measures assessing self-esteem (global, academic, body, family, and social) and mental health (anxiety symptoms).



## MEASURES

The 5-Scale Test of Self-Esteem for Children (Pope, McHale, & Craighead, 1988) was used to measure 5 types of self-esteem: global, academic, body, family, and social. Scores for each type of self-esteem were determined based on a scale of 0 (almost never), 1 (sometimes), 2 (almost always) for 10 items. The highest possible score for each type of self-esteem was 20, with all items being coded such that higher overall scores indicated higher levels of self-esteem.

» **Global self-esteem refers to the evaluation of all parts of oneself.**

Sample questions included, "I am a good person" and "I like most things about myself."

» **Academic self-esteem refers to the evaluation of oneself as a student, whether she meets her own standards for academic success.**

Sample items included, "I'm proud of the work I do at school" and "I think my report cards are good enough."

» **Body self-esteem refers to the satisfaction with one's physical appearance and capabilities.**

Sample items included, "I like the way I look" and "I am OK at the sports and games I like to play."

» **Family self-esteem refers to the evaluation of oneself as a valued member of the family.**

Sample items included, "I am an important member of my family" and "My family is disappointed in me" (reverse-scored).

» **Social self-esteem refers to the feeling that one is a friend to others, no matter how "popular" she would be considered by others.**

Sample items included, "I am a good friend" and "I am lonely" (reverse-scored)

The GAD-7 (Spitzer, Kroenke, Williams, & Lowe, 2006) was used to measure mental health, specifically anxiety symptoms. Items assessed worrying, restlessness, irritability, fear, and nervousness. The GAD-7 has response options on a scale of 0 (not at all), 1 (several days), 2 (more than half the days), and 3 (nearly every day). Total GAD-7 scores can range from 0-21, with scores of 0-4 indicating minimal anxiety, 5-9 mild anxiety, 10-14 moderate anxiety, and scores greater than 15 indicating severe anxiety.

## STATISTICAL ANALYSES

Two-tailed t-test analyses with a significance level of  $p < .05$  were used to determine whether changes in participants' self-esteem and mental health occurred from preseason to postseason. Separate tests were conducted for global self-esteem, academic self-esteem, body self-esteem, family self-esteem, social self-esteem, and anxiety symptoms. Additionally, follow-up t-tests were conducted to examine changes in self-esteem among participants in each of the school grades taking part in BIO Girls (grades 2-6).

## SELF-ESTEEM

Overall, participants experienced statistically significant increases in all five types of self-esteem from preseason to postseason.

## MENTAL HEALTH

Participants experienced decreases in anxiety symptoms from preseason ( $M=6.02$ ) to postseason ( $M=5.61$ ), although this decrease was not statistically significant. Preseason and postseason mean scores indicate that participants, on average, experienced mild anxiety.

### PRESEASON:

- » 47% of participants experienced minimal anxiety.
- » 29% of participants experienced mild anxiety.
- » 17% of participants experienced moderate anxiety.
- » 7% of participants experienced severe anxiety.

### POSTSEASON:

- » 55% of participants experienced minimal anxiety.
- » 24% of participants experienced mild anxiety.
- » 13% of participants experienced moderate anxiety.
- » 8% of participants experienced severe anxiety.

## COMPARISON BY GRADE

Mean scores for global, academic, body, family, and social self-esteem generally increased from preseason to postseason for participants in each grade. Additionally, anxiety symptoms generally decreased for participants in each grade. However, due to small sample sizes for each grade, most changes were not statistically significant. P-values less than or equal to .10 were considered marginally significant and noted below.

- » Global Self-Esteem
- » Academic Self-Esteem
- » Body Self-Esteem
- » Family Self-Esteem
- » Social Self-Esteem
- » Anxiety Symptoms



GIRLS 1 IN 6 NORTH DAKOTA

# be kind.

Take action: [www.biogirls.org](http://www.biogirls.org)