



# Evaluation Results

Principals' Summary 2013

learn . dream . live . run .

## SPOTLIGHT ON RESULTS

Girls who participated in Girls on the Run (GOTR) showed improvements in self-confidence, life skills and community contribution understanding as well as attitudes towards healthy behaviors. Improvements noted included:

- Feeling proud of themselves
- Being a good listener
- Working well with teammates to reach goals
- Keeping an open mind when someone disagrees
- Feeling as though they can make a difference in their community

These skills are essential for success both in and out of school.



**“What I liked best about Girls On The Run is that it teaches you how to be confident in yourself and respect others.” -2013 participant**

## Evaluation Overview

A survey was given to GOTR participants at 75 school sites at the beginning and end of the Spring 2013 season. The purpose of the evaluation survey was to measure social, emotional, mental and physical skill development and enhancement on program participants.

## The Main Questions

The survey included questions on life skills, self-awareness, self-confidence, emotion management, teamwork, and community contribution.

## The Results

Over 1200 girls filled out both the pre and post test. Largest improvements after the 10-week program were shown in conflict and emotion management, feeling of community contribution. These results did not differ across socio-economic status of sites indicating all girls benefitted from participation.

## Our Mission

Girls on the Run St. Louis (GOTR-STL) empowers girls for a lifetime of healthy living.



## What You Can Do

- Continue to support GOTR as a positive youth development program at your school and within your community.
- Join the Girls on the Run/Girls on Track team at your site at the end of the season 5k - walking or running, or rallying others to cheer on the girls.
- Encourage participation of girls and engagement of faculty and staff.
- Share the success of GOTR with other administration, staff, parents and community.

**Source:** Courtney Berg, LCSW, Executive Director  
Girls on the Run St. Louis 3155 Sutton Boulevard Suite 101 | St. Louis, MO  
63143 ; 314-862-6266; [www.girlsontherunstlouis.org](http://www.girlsontherunstlouis.org)

**Evaluation conducted by:** Amy A. Eyler, PhD. George Warren Brown  
School of Social Work, Prevention Research Center in St. Louis,  
Washington University in St. Louis. [aeylea@wustl.edu](mailto:aeylea@wustl.edu);