

# GIRLS ON THE RUN GEORGIA



## 2024-2025 Impact Report

At **Girls on the Run Georgia**, our programs—Girls on the Run (3rd–5th grade) and Heart & Sole (6th–8th grade)—are designed to build confidence at a pivotal time in a girl's life, when self-esteem often declines and interest in physical activity begins to wane.

**98% OF GIRLS FEEL MORE CONFIDENT**

**97% OF COACHES SAW PARTICIPANTS INCREASE CONFIDENCE**

This year, Girls on the Run Georgia launched two new evidence-based curricula—*Hello, Superstar!* and *Hello, Mountain Mover!*—centered on helping girls build confidence, resilience, and emotional well-being. Rooted in social-emotional learning, the updated lessons include themes like **identity, empathy, and advocacy**, creating inclusive spaces where girls feel seen and valued. With girl-led activities and tools to manage stress, the curriculum supports mental health while **fostering leadership, connection, and a strong sense of self**.

**92% OF CAREGIVERS DESCRIBE THEIR CHILD AS CONFIDENT AFTER GOTR**



**2,132**

**UNSTOPPABLE  
YOUTH SERVED**



**154**

**GIRLS ON THE RUN  
AND HEART & SOLE  
TEAMS**



**\$289,000**

**IN FINANCIAL  
ASSISTANCE FOR  
PARTICIPANTS**

Before Girls on the Run my child would say “I can’t” a lot when doing something hard or something that challenged her ability to finish. Now after doing Girls on the Run, my child now does not say “I can’t” but **“I can”**. She doesn't second guess herself anymore. Now she goes in to any situation both hard and easy with the attitude I can do anything.

**-ALLISON, GOTR CAREGIVER**

# THANK YOU!

We are deeply grateful to our donors, community partners, and supporters whose generosity fuels our mission every day. Your support helps remove financial barriers and opens doors for girls who are furthest from opportunity to **grow in confidence, connection, and strength.**

Because of you,

**77%**

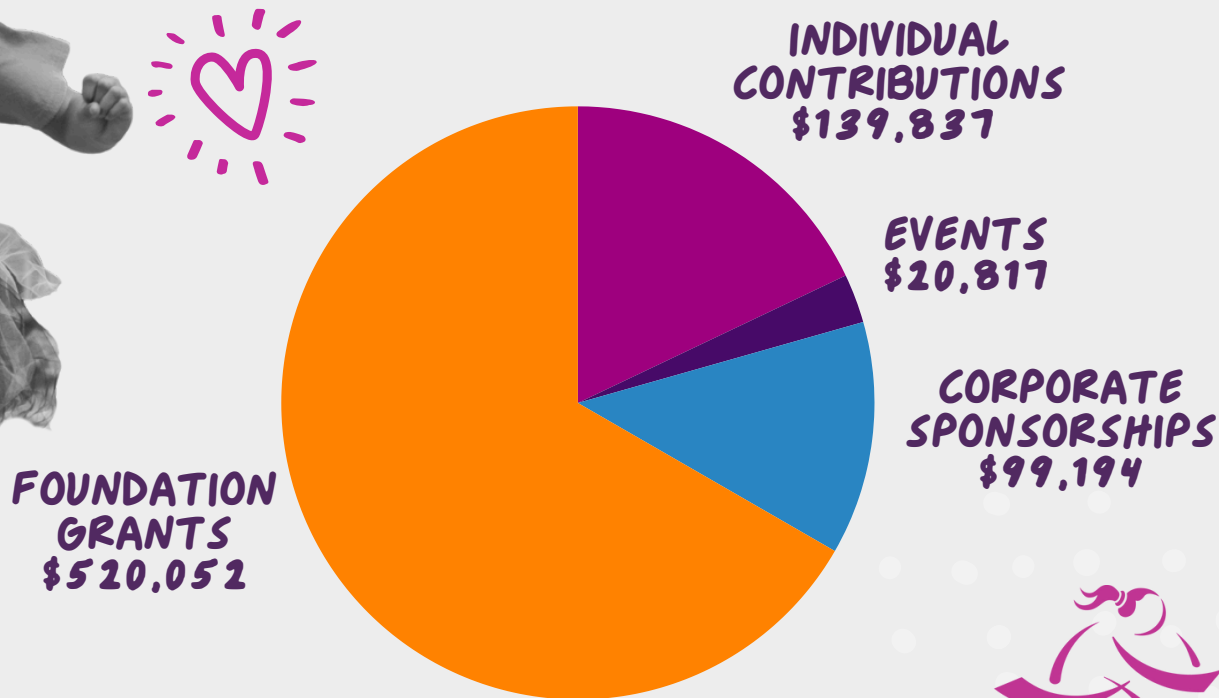
of participants received subsidized access to our programs

**30%**

of participants participated at no cost



## FY25 Funding Summary



LEARN MORE AT [WWW.GIRLSONTHERUNGA.ORG](http://WWW.GIRLSONTHERUNGA.ORG)  
OR [INFO@GIRLSONTHERUNGA.ORG](mailto:INFO@GIRLSONTHERUNGA.ORG)

