



OUR MISSION:

BIO Girls increases the self-esteem of participants through empowerment of self and service to others.

OUR PROGRAM:

- » BIO stands for 'Beautiful Inside and Out'
- » BIO Girls is a program for girls in grades 2-6
- » BIO Girls focuses on developing life skills and increasing self-esteem through research-based curriculum, noncompetitive physical activity, service projects and positive mentoring
- » BIO Girls is a turn-key, 12-session program providing volunteers with all resources and supplies needed to facilitate the program
- » BIO Girls curriculum is copyrighted and unique to the program. It includes topics in four key growth areas: Kindness, Leadership, Mental Wellness and Healthy Relationships
- » 7 in 10 BIO Girls participants experience a significant increase in self-esteem



OUR SITE DIRECTORS:

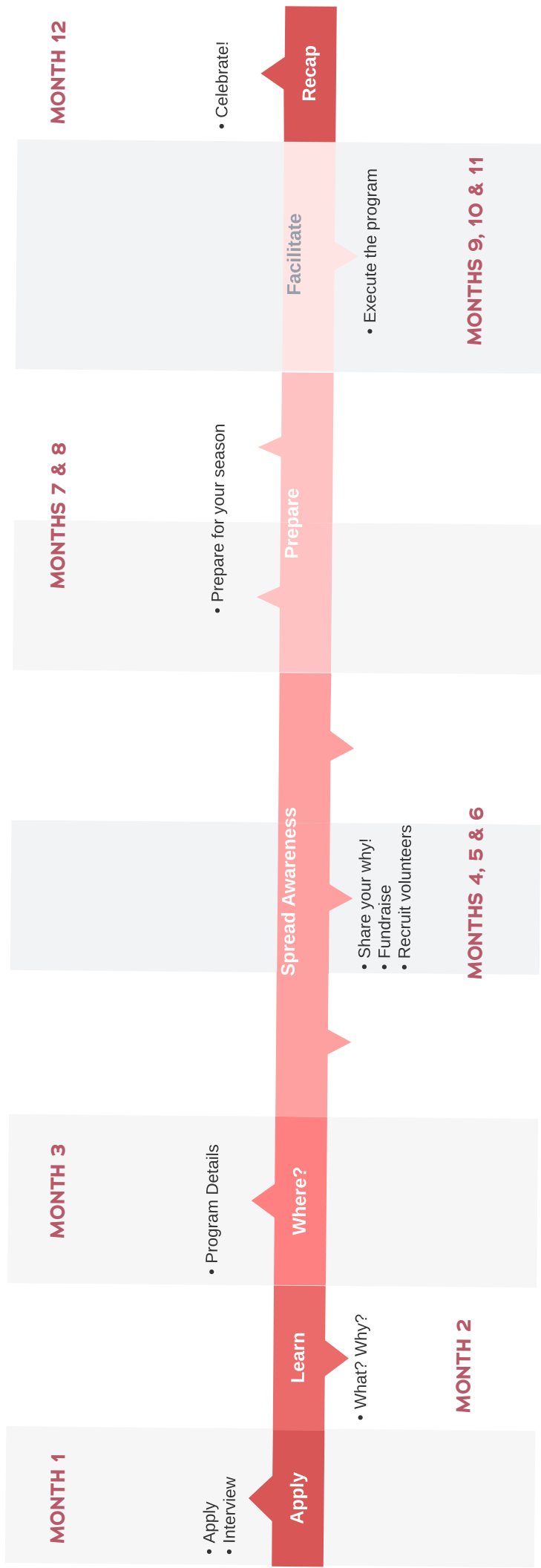
BIO Girls programs are 100% volunteer facilitated.

Volunteer Site Directors are the CEOs of the BIO Girls program in their community. Responsible for the success of the site's program from start to finish, they are the voice that brings the BIO Girls vision to life.

Passion, leadership and dedication empower our Site Directors to successfully establish our program as a community resource, with the goal to instill confidence in girls as they navigate their adolescent years.



SITE DIRECTOR TIMELINE



apply now

Ready to take action?
Apply to be a volunteer
Site Director!

biogirls.org/get-involved

learn more

Tune in to our next call to learn more about BIO Girls, our mission and all of the ways you can get involved.

biogirls.org/learn