



According to Caregivers

BIO Girls' quantitative research has shown that participants experience increased self-esteem across a variety of domains, including global, academic, body, family, and social, as well as decreased anxiety.

Qualitative research also indicates improvements in self-esteem and mental health from the caregiver perspective. Below are the key findings from the 2023 programming year.

73% of caregivers noticed an increase in self-esteem in their participants.

Caregivers noted numerous improvements in self-confidence and peer relationships. Caregivers stated that their participants:

- had a higher sense of pride and self-worth
- believed in themselves
- were more willing to work hard to achieve a goal
- wanted to try new things
- were not afraid of challenges
- had less anger and more joy
- were more outgoing with peers
- sought out opportunities to help others
- stood up for themselves
- encouraged others to be strong and brave

Increased Self-Esteem

30% increase in caregivers rating their participants' self-esteem as good or excellent.

Before BIO Girls programming, 47% of caregivers rated their participants' self-esteem as good or excellent. This number increased to 77% of caregivers stating that their girls' self-esteem was good or excellent by the end of the program. Furthermore, before programming started, 27% of caregivers were moderately or very concerned about their girls' self-esteem. By the end of the program, only 11% were moderately or very concerned about their girls' self-esteem.

Healthier Relationships

11% increase in caregivers rating their participants' relationships as good or excellent.

Prior to BIO Girls programming, 64% of caregivers rated their participants' peer relationships as good or excellent. This number increased to 75% of caregivers stating that their participants' peer relationships were good or excellent by the end of the program. Before programming started, 26% of caregivers were moderately or very concerned about their participants' peer relationships. By the end of the program, only 14% were moderately or very concerned.

Improved Mental Health

17% increase in caregivers rating their participants' mental health as good or excellent.



In addition, before BIO Girls programming started, 66% of caregivers rated their participants' mental health as good or excellent. This number increased to 83% of caregivers stating that their participants' mental health was good or excellent by the end of the program. Before programming started, 19% of caregivers were moderately or very concerned about their participants' mental health. By the end of the program, only 9% were moderately or very concerned about their participants' mental health.

Sense of Connection is Important to Participants.

According to caregivers, the top 4 things their participants liked about BIO Girls were:

1. Relationship with mentor
2. Meeting new friends
3. Accomplishing goals
4. Lessons (including topics such as self-worth, anxiety and coping, kindness, assertiveness, and empathy)

97% of parents and guardians would recommend BIO Girls to other parents and guardians.