

THE GIRLS'

INDEX™

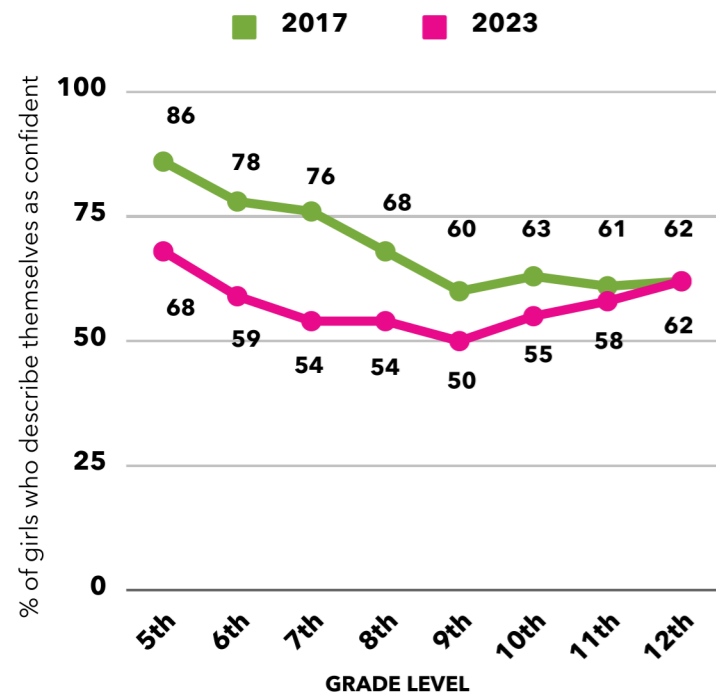
BY RULING OUR EXPERIENCES (ROX)



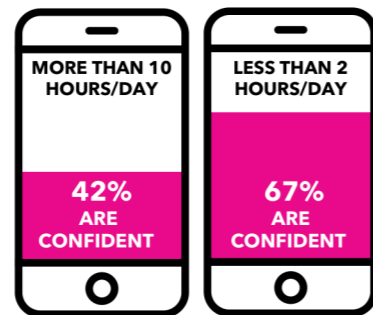
17,502 GIRLS SHARED THEIR THOUGHTS, BELIEFS, PERCEPTIONS AND EXPERIENCES IN THE 2023 GIRLS' INDEX™

CONFIDENCE

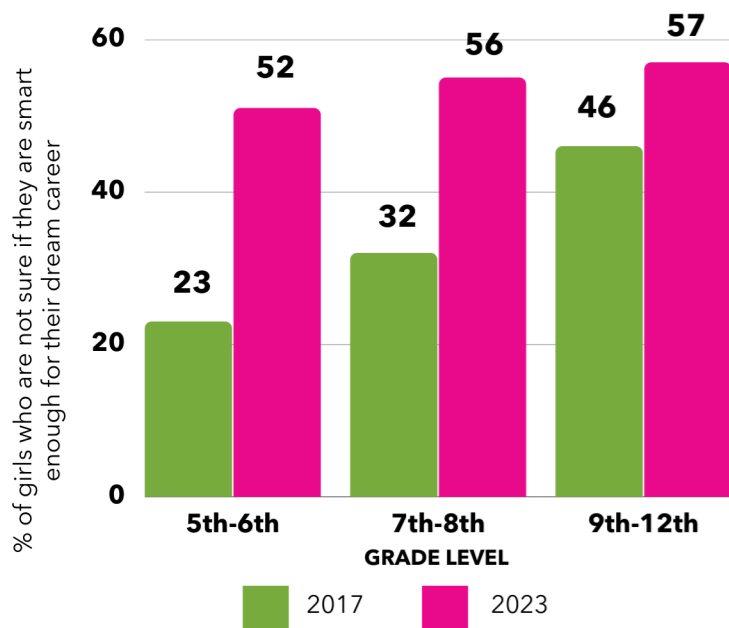
Girls' confidence declines substantially between 5th and 9th grade, with a slight rebound in high school. Since the publication of the 2017 Girls' Index, girls' confidence is lower for every age up to 12th grade, where it is unchanged.



THE MORE TIME GIRLS SPEND USING SOCIAL MEDIA, THE LESS LIKELY THEY ARE TO DESCRIBE THEMSELVES AS CONFIDENT



52% OF 5th AND 6th GRADE GIRLS ARE NOT SURE IF THEY ARE SMART ENOUGH FOR THEIR DREAM CAREER, UP FROM 23% IN 2017



5th AND 6th GRADE GIRLS EXPERIENCED THE LARGEST DECLINE IN SELF-PERCEPTION & THE LARGEST INCREASE IN SADNESS AND DEPRESSION

Reports of sadness and depression increased in every grade, but the rates of **DAILY** sadness or depression tripled for 5th and 6th graders (from 5% to 15%).



79%

of girls feel like they are going to "EXPLODE" because there is so much pressure on them

76%

of girls say that boys their age are **NOT RESPECTFUL** of girls

55%

of girls **LIKE** going to school

46%

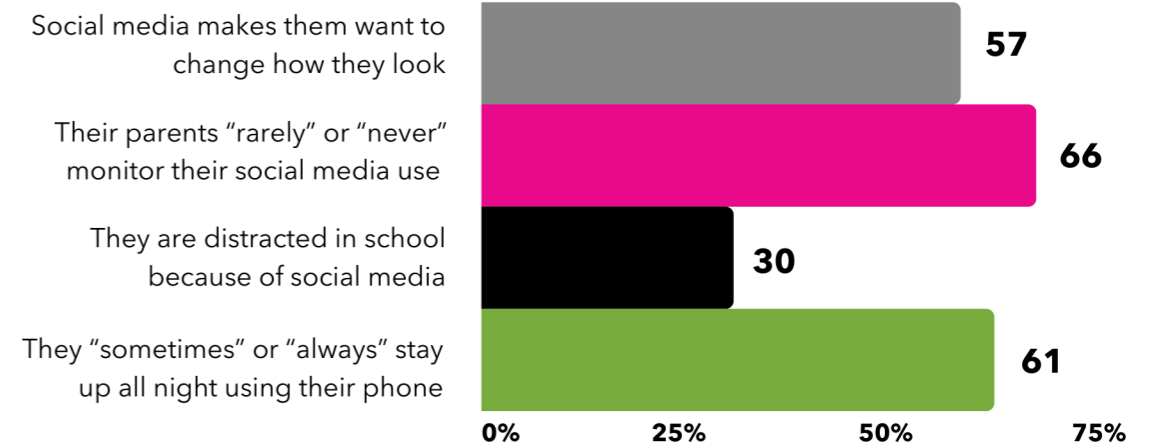
of 5th grade girls say they spend **6 OR MORE HOURS** per day using social media

39%

of girls say they are **SAD OR DEPRESSED** 4+ days/week

SOCIAL MEDIA

% OF GIRLS WHO REPORT:



Nearly all girls who responded to the 2023 Girls' Index reported that they use social media, including 95% of 5th grade girls. Median reported social media use is between 4 and 6 hours per day. Additionally, 69% of high school girls and 54% of middle school girls reported that most students their age send sexually suggestive photos/videos to one another.

1 in 2

girls are afraid to be leaders because they don't want others to think they are

BOSSY

66%

of girls don't say what they are thinking or disagree with others because they want to

BE LIKED

SUPPORT AT SCHOOL

87% OF **5th GRADE** GIRLS LIKED GOING TO SCHOOL IN 2017

68% LIKE GOING TO SCHOOL IN 2023

6x

AUTHENTICITY
Girls who feel they can "really be themselves" at school are 6 times more likely to like going to school

65%

CARE
Girls who have adults at school who care about them are 65% more likely to enjoy going to school

70%

BELONGING
Girls who feel like school is a place where they belong are 70% more likely to enjoy going to school

2023 GIRLS' INDEX PARTICIPANTS: 17,502 GIRLS

Socioeconomic Status of Schools

% of participants in the 2023 Girls' Index who attend the following schools:

High Poverty

76% or more students receive free or reduced-cost lunch

Mid-High Poverty

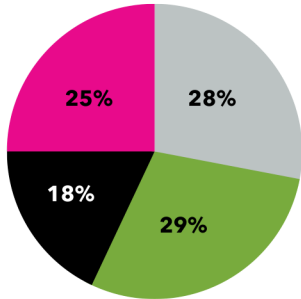
51-75% of students receive free or reduced-cost lunch

Medium Poverty

26-50% of students receive free or reduced-cost lunch

Low Poverty

0%-25% of students receive free or reduced-cost lunch



Age of Girls

38%

**5th-6th grade
6,651 girls**

32%

**7th-8th grade
5,601 girls**

30%

**9th-12th grade
5,250 girls**

Ethnicity of Girls

% of participants in the 2023 Girls' Index who identify as the following:

	2023 Girls' Index	2020 U.S. Census
Asian	4.9%	5.9%
Black/African American	18.6%	12.1%
Hawaiian Native/Pacific Islander	0.3%	0.2%
Hispanic/Latina	16%	18.7%
Multiracial	3.2%	3.0%
Native American/American Indian	2.8%	1.3%
White/Caucasian	53.7%	57.8%
Other	0.4%	N/A

Methodology

This report examines the thoughts, behaviors, attitudes and perceptions of 17,502 girls in 5th-12th grade in the United States using data from the school-based survey, The Girls' Index. It was developed by ROX and administered by school administrators throughout 2022-23. The comparison data referenced is from the 2017 Girls' Index survey conducted by ROX with 10,678 girls in 2016-17. For more information, visit www.rulingourexperiences.org.

Sponsorship

A special thanks to Bread Financial for serving as the lead sponsor for The 2023 Girls' Index.



Ruling Our eXperiences (ROX) is the national nonprofit authority on research, education and programming centered on girls. We put data into action to create generations of confident girls who control their own relationships, experiences, decisions and futures.

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