



about GOTR

Girls on the Run of Central New Jersey (GOTRCNJ) is a **physical activity-based, social and emotional wellness after school program** for girls in 3rd-5th and 6th-8th grades. The Girls on the Run (GOTR) program teaches girls to develop self-respect, a healthy lifestyle and a connectedness to others and community while creatively integrating running. The evidence-based curriculum has been proven to develop positive habits in critical thinking, problem solving and emotional control.

The goal of the program is to promote emotional well-being in early years; to help girls develop a positive sense of themselves and others; to grow in self-esteem and self-confidence, all in an effort to avoid risky behaviors as they mature in adolescence.

Why the Program Matters

Girls face well-documented social pressures and conflicting messages about how they should act and who they should be. Their friendships become more complicated and challenging, their confidence in academic ability declines, the likelihood of anxiety and depression increases and participation in physical activity plummets.

GOTR Program Educates Girls to:

- Embrace their self-worth and uniqueness while identifying their own values and strengths.
- Develop practices to think critically and make healthy decisions for themselves.
- Think rationally so that things stay in perspective.
- Be in control of their feelings and behaviors.
- Be healthy both physically and mentally.
- Create positive connections with peers and adults.
- Build lives of purpose and make a meaningful contribution to community and society.



How the Program Works

Trained leaders coach small teams through **research-based curricula** which includes discussions, activities and running games. The ten-week program meets two times per week for 75 minutes after school. The lessons explore team building, dealing with gossip and bullying, resilience and standing up for self and others. The program culminates with a community service project and a non-competitive 5K celebratory run that provides a tangible sense of achievement as well as a framework for setting and achieving life goals.

the GOTR Impact

Girls on the Run has been **recognized by the National Afterschool Association (NAA)** as one of the top two most influential after-school programs in the nation.

Girls on the Run was recently **included as a top research-based program** in a Social-Emotional Learning Guide developed by Harvard University.

A rigorous independent longitudinal **study showed a strong lasting impact of GOTR participants.**



85% improved in confidence, competence, caring, character and connection to others.



97% learned critical life skills (resolving conflict, intentional decision making).



40% increase in physical activity (meaning less "screen time").

View the study here: <http://bit.ly/GOTRStudy>