



GOT IT GOIN' ON® OUTCOMES

Got It Goin' On Foundation Outcomes: Through the years (1999 – 2007 at the YMCA National Capital), based upon Focus Groups and Pre/Post tests, we've learned from approximately 500 girls that the GIGO Empowerment Program for Girls:

- Instills life-long strategies to cope with every area of a young girl's life.
- Encourages a philosophy of "sisterhood" and less about selfishness.
- Builds girls' confidence, belief in themselves and cultural pride.
- Increases physical activity and attention to health.
- Has positive effect on overall school/community climate.

Introduced to Ghana in 2000, and South Africa in 2004, 2006 & 2009. Further interest in GIGO™ has been expressed for Ghana, South Africa, Botswana and Bangladesh.

Got It Goin' On Empowerment Program for Girls – Roosevelt, NY School District: Through the years (2006 – 2012), based upon Focus Groups, Pre/Posts tests, interviews and observations with approximately 650 girls, we've determined that GIGO™ is an effective empowerment solution.

"I am presently facilitating the GIGO program in the Roosevelt School District and would like to be on your team to bring the program to schools in other states. I received your training back in 2005 when I was PTA president of an elementary school and have taken approximately 650 girls through GIGO™ over the past 6 years. Even now, in the middle and high schools, the program continues to inspire girls in my district."

—Rose Gietschier, President, Roosevelt, NY * Jr/Sr High School PTSA

Here are our outcomes:

1. **GIGO™ Goal #1:** To assist girls in developing/maintaining high self-esteem and a positive self-image;
 - 75% of the girls' self-esteem and sense of value was raised.
2. **GIGO™ Goal #2:** To increase the self-awareness, gender and cultural pride of teen girls;
 - 80% of the girls overcame obstacles/challenges related to feeling different due to their perceived differences (culture/ethnicities; mental abilities/special education).
3. **GIGO™ Goal #3:** To assist girls in developing a foundation for sisterhood, community, dignity, and healthy relationships;
 - 80% of the girls' increased their interaction with the group and each other; shared more intimately because they felt safe.
4. **GIGO™ Goal # 4:** To assist teen girls in developing leadership and advocacy skills;
 - 50% of the girls were able to articulate the importance of a good education and the necessary tools for leadership and success.

Observation from Barbara Solomon, Principal – Roosevelt, NY School District:

Girls are often obsessed with outer beauty and popularity. Many are often afraid to speak out against the "mean" girls and feel insecure if they are not a part of the "popular girls." I have observed girls in settings outside of the classroom (lunchroom, physical education or during dismissal) working together, standing up for each other and often supporting the so-called "underdog" of the less attractive or popular. One girl was empowered to run for Homecoming Queen for the 5th grade class – and she won! This girl was not necessarily the smartest, or prettiest, or most popular. She wrote an impressive essay and passed the interview process. This young girl believed in herself and had the confidence to Go For It! She was a Great product of the GIGO™ Empowerment Program for Girls.