

GIRLS ON THE RUN SITKA 2014!



Keet Gooshi Heen Elementary and Sitkans Against Family Violence teamed up for the sixth season of Girls on the Run in Sitka this year! Girls on the Run (GOTR) is an empowerment-based program designed to bring girls together with strength and resiliency. Thirty-six girls participated in the program in 2014. They trained for a 5K Fun Run while learning skills to create a healthy school culture, such as positivity; intentional decision making; standing up for themselves & others; embracing differences; & expressing gratitude by giving back to the community!

Every year we measure the effectiveness of our GOTR program through a survey given at the beginning and end of the season tracking. Here's a selection of results from this year!



GOTR founder, Molly Barker, visited the Sitka 5K this year and helped participants connect to their "Super Super Girl Power!"

Words from the Girls

"It's easier to have fun when you are grateful!"

"Positive body image means you like yourself just the way you are."

"When you support each other, you can do stuff you couldn't do by yourself!"



Words from Parents & Coaches

"I really liked the sense of community and how that helps bring pride to each of the girls."

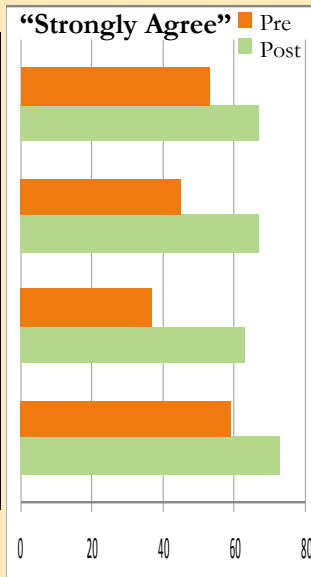
"[Coaching] really opened my eyes to the insightful-ness and emotional facets that young girls today are dealing with."

I take a positive attitude towards myself.

I know how to deal with uncomfortable feelings in a healthy way.

I can do things as well as most people.

I think I can make my community a better place.



Pre-GOTR n=32 Post-GOTR n=28