

DAY OF THE *Girl*

Girls matter...

When you think of girlhood, what do you imagine?

Does it include the time to play, daydream, and explore? The security to act silly, sensitive, or sad? The confidence to experiment, take risks, and try new things?

Does your idea of girlhood include her freedom to just be a kid?

At The Center, we believe that the answer should always be yes. But we know it isn't. Because when you're young, female or a Black female, "just" being a kid is complicated. Because "just" doesn't begin to cover your reality. Education, economics, opportunities, expectations—they're all different for girls, and Black girls in particular compared to their white and male peers.

There's nothing just about that. That's why The Center is here: for justice and girlhood.



Girls and young women continue to struggle with mental health and well-being, regardless of socio-economic status.

According to the Center for Disease Control and Prevention's latest report, the "Youth Risk Behavior Survey Data Summary & Trends Report: 2011 -2021," in 2021, almost 60% of female students experienced persistent feelings of sadness or hopelessness during 2020. Further, nearly 25% made a plan that involved self-injurious or self-harming behavior. 1 in 5 (18%) experienced sexual violence in the past year—up 20% since 2017.

In 2021, we surveyed girls and young women within our internal girl-led think tank, The Collective, sharing concerns with isolation and anxiety. The survey also noted that families are disproportionately impacted by inequities, including access to education, healthcare, and in other social determinants of health.



in collaboration with **International Day of the *GIRL***

Day of the Girl highlights the assets unique to girls and young women, as well as opportunities to improve the status of central Ohio's girls and further their equal participation.

AMPLIFYING voices of all girls and young women in the central Ohio, starts with a convening of youth thought leaders, decision-makers and community stakeholders, in order to support the empowerment of girls and young women- to contribute towards tangible solutions centered on mental health, learning gaps in education and skills acquisition, and eliminating gender-based violence and exploitation.

As a community, we must invest in building the strengths, social capital, and leadership of girls and young women, and gender-expansive youth.

We must advance the inclusion and status of girls, promote human rights in all areas and stages of her life, and support girls and young women in developing their full potential.



OCTOBER 11, 2023 | DAYOFTHEGIRL@CENTERFORHEALTHYFAMILIES.ORG | 614-400-0910



#DAYOFTHEGIRL

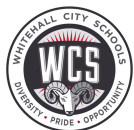
CALL to ACTION

GIRLS SUMMIT

in partnership with



THE OHIO STATE
UNIVERSITY



For girls by girls...

On October 11, 2023, 250+ girls and young women activists, alongside girl advocates, will participate in change-maker panel discussions, townhall sessions, and a rally designed to engage in unscripted and authentic dialogue between girl changemakers, their peers, and decision-makers involved in addressing mental health, supports for educational success, and social justice. In youth-led conversations among girls and young women activists, leaders, and private sector stakeholders, girls and young women will share how they are impacted by isolation, mental health, violence and engage in meaningful dialogues around existing innovative solutions and additional resources they need to be able to fully engage in an ever-increasingly changing world.

More work to be done...



Background:

On December 19, 2011, the United Nations General Assembly adopted a resolution to declare October 11 as the International Day of the Girl Child, to recognize girls' rights and the unique challenges girls face around the world. The International Day of the Girl Child focuses attention on the need to address the challenges girls face and to promote girls' empowerment and the fulfilment of their human rights. International days and weeks are occasions to educate the public on issues of concern, to mobilize political will and resources to address global problems, and to celebrate and reinforce achievements of humanity.

This year, October 11, 2023 marks the 11th anniversary of this UN special observance of the International Day of the Girl. It is an opportunity to galvanize our local community and take stock of the issues impacting the most marginalized girls and young women.

#DAYOFTHEGIRL

MAJOR FUNDING &
SUPPORT PROVIDED BY:



Franklin County
**BOARD OF
COMMISSIONERS**
Service. Progress. Excellence.



THE COLUMBUS
FOUNDATION