



What? In 2010, Kappa Delta Sorority created International Girls Day on behalf of the Confidence Coalition. With the message, “She Can Do Anything!” the celebration recognizes the spirit of girls and encourages girls to make their dreams a reality. The celebration takes place each year on November 14.

Who? International Girls Day is celebrated by girls across the country. Several girls’ organizations have signed on in support of the day, including Girl Scouts of the USA, Girl Talk, Girls on the Run, National Charity League and others. During the first celebration in 2010, more than 10,000 girls celebrated.

How? Girls celebrate in a variety of ways, from big events to small. Events may include everything from sleepovers to community-wide interest fairs, community service projects to sporting events. The central theme is building confidence in girls. For more ideas, visit www.celebrategirlsday.com.

Why? Media messages, cultural stereotypes and peers often tell girls that they have to look and act a certain way. International Girls Day is a celebration of girls, all kinds of girls, with all kinds of interests and strengths. It’s a day to celebrate what makes every girl unique, an opportunity for each girl to realize “She Can Do Anything!” Together, we are empowering girls to think big, embrace their unique talents, love themselves and accept one another. Consider these alarming statistics:

- 74% of girls say they are under pressure to please everyone.
- 31% of girls ages 13-17 admit to starving themselves or refusing to eat as a strategy to lose weight.
- 40% of girls ages 11-17 say they do not play sports because they do not feel skilled or competent.
- Roughly a third of high school girls report being sexually active.
- 60% of teen girls say they compare their bodies to those of fashion models.
- Three-quarters of middle high school principals say that bullying is a serious problem at their school.
- Girls who have significant symptoms of depression as teens are 86% more likely than their peers to become victims of abuse from a boyfriend or husband as young women.
- 23.5% of high school females engaged in episodic heavy drinking.
- 3 out of 4 girls say they feel pressure to be “super girls.”

The Confidence Coalition partners are committed to making a difference in the lives of girls by addressing the cultural issues that impact girls.

More? Visit www.confidencecoalition.org or call 800/536-1897.