

CREATING GENERATIONS OF **CONFIDENT GIRLS** WHO CONTROL THEIR OWN RELATIONSHIPS, EXPERIENCES AND DECISIONS

RULING OUR EXPERIENCES EVIDENCE-BASED PROGRAM FOR 5TH-12TH GRADE GIRLS

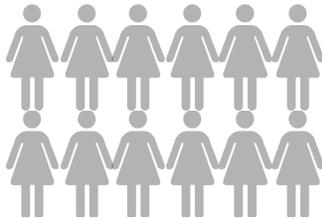
ROX TRAINS ...



SCHOOL COUNSELORS, SOCIAL WORKERS & EDUCATORS TO BECOME PROGRAM FACILITATORS

PROFESSIONALLY DELIVERED

FACILITATORS LEAD ...



SMALL GROUPS OF GIRLS THROUGH A 20-WEEK EVIDENCE BASED CURRICULUM

INDEPTH & CO-CURRICULAR

GIRLS LEARN HOW TO ...

COMMUNICATE EFFECTIVELY
DEVELOP **HEALTHY RELATIONSHIPS**
SUPPORT OTHER GIRLS
FORM A **HEALTHY BODY IMAGE**
NAVIGATE **SOCIAL MEDIA**
MANAGE **STRESS & PRESSURE**
STAY SAFE AND DEFEND THEMSELVES
PLAN FOR **COLLEGE & THEIR CAREER**
BECOME **LEADERS**

INFORMED BY OUTCOMES & DATA

AFTER PARTICIPATING IN ROX ...

86%

of girls have higher levels of self-esteem and self-confidence

9 in 10

girls feel safer and more confident that they can protect themselves

78%

of girls have improved school attendance and/or an increased connection to school

63%

decrease in bullying and relational aggression among ROX girls



ROX IS THE NATIONAL NON-PROFIT LEADER ON PROGRAMMING, RESEARCH AND EDUCATION FOCUSED ON GIRLS. OUR MISSION IS TO EQUIP GIRLS WITH THE KNOWLEDGE AND SKILLS NEEDED TO LIVE HEALTHY, INDEPENDENT, PRODUCTIVE AND VIOLENCE-FREE LIVES. LEARN MORE AT : WWW.RULINGOUREXPERIENCES.ORG

START A ROX PROGRAM AT YOUR SCHOOL TO CREATE CONFIDENT GIRLS, SAFER SCHOOLS & SUCCESSFUL STUDENTS

1. TRAIN YOUR SCHOOL COUNSELORS/SOCIAL WORKERS/TEACHERS/ADMINISTRATORS AT A ROX FACILITATOR LICENSURE TRAINING

The Ruling Our eXperiences (ROX) program is implemented by trained and licensed facilitators who complete a 3-day, 22-hour training program. We train amazing women who are licensed counselors, social workers and educators who want to make the world better for girls by implementing a program with proven outcomes and research! **The training cost: \$550**

ROX FACILITATOR LICENSURE TRAINING

JUNE 5-7, 2019 8:30A.M. - 3:30P.M. EACH DAY

IN PARTNERSHIP WITH NORTH POINT ESC HELD AT PERKINS HIGH SCHOOL IN SANDUSKY, OHIO

TO APPLY EMAIL ROX TRAINING COORDINATOR NANCY WILLIS AT:

NANCYWILLIS@RULINGOUREXPERIENCES.COM

Effective ROX programs align with & are supported by:

School Climate Initiatives – Student Support & Academic Enrichment Grants –
Social & Emotional Learning (SEL) Initiatives
Healthy Relationship & Dating Violence Legislation
Whole Child Initiatives – Response to Intervention (RTI: Tier 1)

2. DELIVER THE 20-WEEK PROGRAM AT YOUR SCHOOL

After completing the training, ROX facilitators implement programming in conjunction with ROX. Once participants are registered, materials, T-shirts, incentives, supplies and curriculum as shipped directly to your school for program participants. Weekly lessons– aligned with the ASCA Mindsets & Behaviors– are delivered in a small group format and provide the opportunity for girls to develop healthy relationships, have empowering experiences and develop crucial skills in a safe, all-girl setting. **Program implementation fees are \$75/girl.**

3. RECEIVE JOB-EMBEDDED COACHING AND ONGOING PROFESSIONAL DEVELOPMENT

After licensure, ROX partners with facilitators to deliver customized, sustainable and successful programs. Each facilitator is paired with an expert ROX coach and she receives support with her program launch, assistance with evaluation & reporting, program scheduling, alignment with school goals, metrics & standards and involving parents & staff and funding and sustainability. Coaching is included for all facilitators.

- Ongoing support and real-time consultation access
- Program sustainability support/funding support
- Assistance with evaluation, reporting, alignment with school/district goals, metrics and standards