

Go Girls! was developed in 2001 through partnerships with Ophea, the University of Toronto Centre for Girls and Women's Health and Physical Activity, and the Nutrition Resource Centre.

In 2006, Big Brothers Big Sisters of Canada received funding from COGECO to continue the delivery of Go Girls!



"I actually have more confidence in this group because it really helps us girls feel better about ourselves."
~ Go Girls! participant

"This program has been fantastic! It met my expectations and more! The girls with whom we are working with REALLY needed this program and the skills it has taught them."
~ Mentor

"I learned that eating breakfast is really important and why."
~ Go Girls participant



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Go Girls!

Healthy Bodies, Healthy minds



A mentoring program for girls ages 11-14 promoting active living, balanced eating and feeling good.



Big Brothers Big Sisters
of Prince George

According to a wide array of research, physical activity levels of young women significantly decline in adolescence. This age group often struggles with issues regarding healthy eating, body image and relationships.

Go Girls! Healthy Bodies, Healthy Minds

Developed for girls, ages 11 to 14, **Go Girls!** uses a mentor approach to provide girls with the information and support they need to make informed choices about healthy, active living during a particularly challenging stage of development.

Maintaining sensitivity towards emotional, social and cultural issues, **Go Girls!** addresses topics such as physical activity participation, healthy eating choices, self-image, and relationships.

How the Summer Camp works

Go Girls!, led by mentors, at BBBS office for five, six-hour sessions. Each session provides an opportunity for the girls to participate in fun, educational games and activities that encourage mentor/participant relationship building as well as self-reflection and group discussions about what is important to them.

Why it works

In the supported, open environment of **Go Girls!**, young women...

- try active games and go on field trips that are so much fun, they don't realize that they are exercising
- try snacks that are balanced and delicious
- learn wonderful things about themselves they didn't even know

By helping the girls to become more informed about making healthy choices and by conveying the message that being active can still be fun, the girls become equipped to incorporate these values into their lives.



"I have learned that even though I am not good in sports I can still participate and have fun!"

~ **Go Girls!** participant

Making it happen

Go Girls! is designed for girls who will benefit the most from a small group environment and the opportunity to discuss the topics.

Go Girls! Mentors are young women, who are passionate about healthy, active living and are specially selected and trained to deliver the program.

Big Brothers Big Sisters of Prince George implements **Go Girls!** and recruit the Mentors to deliver the program at the **Agency's** office.



"I'm glad these girls 'let me in' from day to day sharing their thoughts and experiences with me and trusting me. I am so proud of all of them, and so happy that I was able to make a positive difference in their lives."

~ Mentor

