BIO Girls Teen Program

Confidence Module Pilot Research Findings

July 2023

The Confidence Module was the fourth module of the BIO Girls Teen Program to be piloted. This module ran daily over the course of one week in July, for five two-hour sessions. The sessions covered risk-taking and being brave, fear of failure, perfectionism, standing up for yourself and others, and empowerment. Participants engaged in discussion, group work, mindfulness activities, art projects, and Confidence Speeches. In addition, all participants created their own Vision Journals to clarify their visions for themselves and their lives. The goals of the Vision Journal were to help participants set intentions for who they want to be, keep track of their goals, and remind them of how to be confident.

Before the program started, participants completed a brief set of surveys on self-esteem, fear of failure, perfectionism, and healthy risk-taking. Participants also completed the same set of surveys after the five sessions were over. Eight teens completed the program.

*Overall, teens in the program experienced increases in self-esteem and healthy risk-taking and decreases in fear of failure and perfectionism.*

**100% of participants experienced increased self-esteem.** In fact, teens SIGNIFICANTLY increased their self-esteem by the end of the program.

**100% of participants experienced an increased willingness to take healthy risks.** Furthermore, teens SIGNIFICANTLY increased their willingness to take healthy risks by the end of the program. Some examples of healthy risks included: joining a new club or activity, trying a new hairstyle or outfit, standing up for what you believe is right, and starting a friendship with someone new.

**6 out of 8 participants experienced decreased fear of failure, and 7 out of 8 participants experienced decreased perfectionism.**This means that teens felt less fear about failing at something and less perfectionist tendencies by the end of the program.

We were thrilled to see the large impact program content had on participants’ self-esteem. The overall goal of BIO Girls is to improve the self-esteem and mental well-being of adolescent girls. We hope that participants will continue to use the skills developed in this program to show confidence in their daily lives.

We hope to encourage more girls to participate in the Confidence Teen Program. Participants noted that they loved meeting new people, engaging in creative activities, and being challenged. In particular, participants liked the Vision Journals, yoga, the “I will try” jars, reflection, glitter jars, and blindfolded obstacle courses. They also enjoyed the lessons; one participant stated that the lessons “made me feel confident.” In their Confidence Speeches, participants were able to reflect on their futures, including profession, school, friends, and who they wanted to be personally. The speeches were impactful and inspiring.

Overall, this module was a success! BIO Girls has now successfully piloted four modules – Unconditional Love (Body Image), Worthy (Mental Health), Connection (Relationships), and Confidence. Please look forward to future programming in the Fargo-Moorhead area and beyond!