



United Way 2023 Logic Model

Priority Area
Promoting Health and Healing – Encouraging healthy lifestyles and avoiding risky behaviors

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
<p>Real Talk for Youth will implement Girls Circle in six elementary and middle schools in Aiken County reaching approximately 160 girls.</p> <p>At the completion of Girls Circle:</p> <ul style="list-style-type: none"> ❖ The youth participants will report a 30% increased feeling of self-efficacy as reported by the Girls Circle pre/post evaluation and statistical analysis. ❖ Self-Efficacy - Beliefs in one's abilities affect important areas of adolescent development such as student identity and peer relationships. ❖ The youth participants will report at least a 30% increase in their feelings of social support both with peers their age and among adults demonstrated by their pre/post evaluation. ❖ Perceived Social Support - Social support is defined as the experience or the perception of being cared for, valued, included, and/or guided by others, especially of one's family, peers, and/or community members. Social support from peers, teachers, and parents has been recognized as a protective factor for children and teens. ❖ The youth participants will report a 30% increase in overall perception of their own body image (more positive). ❖ Body Image - Perception of one's physical appearance has been consistently recognized to be the number one factor in predicting self-esteem. Negative body image can lead to eating disorders, depression, anxiety, sexual difficulties, poor self-esteem, and increased suicide risk. 	<p>The Girls Circle Revised Evaluation Tool Kit, with a gender-relevant measurement tool designed specifically for use with Girls Circle programs will be used to evaluate the effectiveness of the program. The revised survey's integrate the validated Schwarzer's Self-Efficacy instrument and is for use with any combination of the Girls Circle Activity Guides.</p>	<p>32 girls participated in the Girls Circle program at 2 elementary/middle schools and other youth-serving agencies</p> <ul style="list-style-type: none"> ❖ Female respondents reported an approximate 33% increase in their feelings of self-efficacy. ❖ Female respondents reported an approximate 30% increase in their feelings of perceived social support from peers and adults. ❖ Female respondents reported an approximate 31% increase in their overall perception of their own body.