

## United Way 2022 Logic Model

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

OBJECTIVES:	Evaluation	DATE COMPLETED &/or NOTES/DATA
<p><b>Real Talk for Youth</b> will implement <b>Girls Circle</b> in six elementary and middle schools in Aiken County reaching approximately 160 girls. <b>At the completion of Girls Circle:</b></p> <ul style="list-style-type: none"> <li>❖ The youth participants will report a <b>30% increased feeling of self-efficacy</b> as reported by the Girls Circle pre/post evaluation and statistical analysis.</li> <li>❖ <b>Self-Efficacy</b> - Beliefs in one's abilities affect important areas of adolescent development such as student identity and peer relationships.</li> <li>❖ The youth participants will report at least a <b>30% increase in their feelings of social support</b> both with peers their age and among adults demonstrated by their pre/post evaluation.</li> <li>❖ <b>Perceived Social Support</b> - 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.</li> <li>❖ The youth participants will report a <b>30% increase in overall perception of their own body image</b> (more positive).</li> <li>❖ <b>Body Image</b> - 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.</li> </ul>	<p>The <b>Girls Circle Revised Evaluation Tool Kit</b>, 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 <b>Schwarzer's Self-Efficacy</b> instrument and is for use with any combination of the Girls Circle Activity Guides.</p>	<p><b>61 girls participated in the Girls Circle program at 4 elementary/middle schools and other youth-serving agencies</b></p> <ul style="list-style-type: none"> <li>❖ Female respondents reported an <b>approximate 32% increase</b> in their feelings of self-efficacy.</li> <li>❖ Female respondents reported an <b>approximate 31% increase</b> in their feelings of perceived social support from peers and adults.</li> <li>❖ Female respondents reported an <b>approximate 58% increase</b> in their overall perception of their own body.</li> </ul>