Youth in the U.S. are experiencing a mental health crisis. I A physically active lifestyle is linked with better overall mental health during early adolescence and can be used as a mediator of stress from a young age. II Yet, fewer than 1 in 4 school-aged youth get the recommended 60 minutes of daily physical activity, despite the physical and mental health and learning benefits it provides. III This challenge is especially prominent among young girls. IV Girls living in households with lower-incomes and girls from communities of color are especially at risk. V By age 14, girls are dropping out of sports at twice the rate of boys and reducing overall physical activity at higher rates than boys. Frequent barriers for adolescent girls include a lack of confidence related to physical activity/sports and their physical appearance, support from peers and teachers, resources, and role models. VI Collectively, we can work together to improve the health of young girls.

We commit to taking the steps needed to support young girls’ social, emotional, and physical well-being through programming that:

1. **Gives students a voice** about what they want and need from their school community.
2. Expands educational initiatives that build their self-esteem and confidence, teach them how to properly fuel their bodies, improve their mindfulness and quality sleep.
3. Provides schools and educators with educational resources to address equity, inclusion, and accessibility issues as well as student social and emotional well-being in the context of health, physical education and activity.
4. Offers more socially inclusive and supportive physical activity opportunities that will sustain their participation in sports and physical activity.

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