



## Talking Points: Empowering Women & Girls Through Mentorship

Strong Women, Strong Girls' mission is to empower girls to imagine a broader future for themselves through a curriculum grounded on female role models, delivered by college women mentors, who are themselves mentored by professional women. Our vision is that every girl and woman will realize her inner strengths to dream and do.

Founded in 2000 as a student group at Harvard University and incorporated as a 501c3 in 2004, Strong Women, Strong Girls (SWSG) is one of Boston's largest mentorship programs, annually serving nearly 600 elementary girls in 3rd-5th grade across over 40 program sites. SWSG's flagship program, The Core Mentoring Program, is research-informed and combines caring mentors, a supportive single-gender community, a curriculum featuring strong women role models, civic leadership opportunities, and opportunities for social and emotional growth.

Your participation in the Rodman Ride for Kids as part of Team SWSG allows us to make a difference in the lives of hundreds of young girls and women across Boston. Thank you!

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### About Strong Women, Strong Girls

- Through SWSG's mentoring program, college women deliver 20 weekly 90-minute group mentoring sessions to girls in grades 3-5 in-person, on-site afterschool at elementary schools and community centers.

- During COVID, we adapted our curriculum to be delivered virtually and continue to offer a virtual format for sites where in-person programming is not possible.
  - We focus on serving girls in under-resourced communities. Of those mentees who identified, 70% identify as Black, Indigenous, and People of Color (BIPOC); 38% live in households with incomes under \$45,000 annually and 43% live in single parent households.
  - Our model integrates the validated 6 C's framework for Positive Youth Development: Connection, Caring, Contribution, Character, Competence, and Confidence. These six capacities are research-demonstrated to promote asset-building and boost protective factors in young people, leading to more positive social, emotional, and academic outcomes.
  - Girls work toward the 6Cs of positive youth development by building relationships with college mentors and peers while participating in activities that practice leadership, teamwork, and critical thinking skills, all while gaining exposure to varied academic and career paths.
  - College mentors develop as leaders and professionals through program facilitation, networking, and training. They also have the opportunity to be mentored by professional women who serve as volunteer mentors with our Strong Leaders program.
  - During the 2021-2022 school year, SWSG served 588 mentees with the help of 306 college mentors at 43 sites.
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## **About Strong Women, Strong Girls and The Rodman Ride for Kids**

- Since 1991, the Rodman Ride for Kids has raised over \$150 million for kids living in the greater Boston area. It is the #1 single-day athletic fundraiser in the nation supporting at-risk kids.
- SWSG was selected to become a Partner Organization of the Rodman Ride in 2021.
- All expenses related to the ride are underwritten by Rodman for Kids so every dollar you raise is used to support SWSG's mentoring programs.
- This year Rodman offers both a live ride day on Saturday, September 24 as well as a "Choose Your Own Adventure" option. Team SWSG participants who choose their own adventure can get as creative as possible. Example adventures include walk-a-thons, fun runs, Peloton-a-thons, read-a-thons, knit circles and so much more.

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