

## **References**

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**4 in 10 older girls contribute financially to households.**

**30% of Chicago households are headed by single mothers.**

**1 in 3 girls report experiencing 4 or more Adverse Childhood Experiences (ACEs).**

**Over 50% of girls have either witnessed or been victims of community violence.**

**Nearly 1 in 5 girls report experiencing frequent discrimination at school and in everyday life due to their race or ethnicity.**

**1 in 4 girls report symptoms of depression or anxiety.**

**87% of surveyed girls reported feeling more connected to friends when using social media.**

**Latina and white girls report higher rates of using social media to avoid thinking about unpleasant things than their Black peers.**

**50% of girls report that content on social media makes them feel worse about themselves.**

Gutierrez-Kapheim, M., García, E., Lies, M., Merrill, J., & Barnick K. (2025). Empower Your Voice: Research Findings on the Well-being of Chicago Girls. *Sinai Urban Health Institute*.

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## **Disinvestment in communities affects long-term health outcomes.**

### **Food deserts, apartheid, insecurity:**

Feeding America. (n.d.). *Hunger hits black communities harder.*

<https://www.feedingamerica.org/hunger-in-america/black-communities#:~:text=Black%20children%20are%20twice%20as,without%20reliable%20access%20to%20food>

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Chicago's Food Equity Council. (2023). *2023 annual report: Food equity council.*

[https://www.chicago.gov/content/dam/city/sites/food-equity/pdfs/2023 Chicago Food Equity Council Annual Report.pdf](https://www.chicago.gov/content/dam/city/sites/food-equity/pdfs/2023%20Chicago%20Food%20Equity%20Council%20Annual%20Report.pdf)

Burrell, J. (2022, October 7). *Chicagoans don't escape food insecurity.* The Chicago

Reporter. <https://www.chicagoreporter.com/chicagoans-dont-escape-food-insecurity/>

### **Poor air quality**

City of Chicago (2020). *City of Chicago air quality and health report.*

[https://www.chicago.gov/content/dam/city/depts/cdph/statistics\\_and\\_reports/Air\\_Quality Health doc FINALv4.pdf](https://www.chicago.gov/content/dam/city/depts/cdph/statistics_and_reports/Air_Quality_Health_doc_FINALv4.pdf)

### **Exposure to lead:**

Johns Hopkins Bloomberg School of Public Health. (2024, March 18). *Study estimates nearly 70 percent of children under six in Chicago may be exposed to lead-contaminated tap water.* John Hopkins University.

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## **13% of CPS students experience homelessness**

The UChicago Inclusive Economy Lab. (n.d.). *Nearly one in seven Chicago students experiences homelessness, according to study*. The University of Chicago Urban Labs. <https://urbanlabs.uchicago.edu/news/nearly-one-in-seven-chicago-students-experiences-homelessness-according-to-study>

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**15.7% of girls skipped school due to safety concerns (outdated)**  
**17.1% of girls reported skipping school due to safety concerns in 2023.**

Chicago Public Schools. (2024). *YRBS 2023 data tables*. Centers for Disease Control and Prevention. [https://www.cps.edu/about/district-data/health-data/](https://www.cps.edu/about/district-data/health-data/Chicago%20Public%20Schools.%20(2024).%20YRBS%202023%20data%20tables.%20Centers%20for%20Disease%20Control%20and%20Prevention.%20https://www.cps.edu/about/district-data/health-data/)

**A 2024 survey indicated that 51% of Chicago girls skipped school due to feeling unsafe, compared to only 10.5% girls nationally.**

Gutierrez-Kapheim, M., García, E., Lies, M., Merrill, J., & Barnick K. (2025). *Empower Your Voice: Research Findings on the Well-being of Chicago Girls*. *Sinai Urban Health Institute*.

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**In 2023, 9.9% of Chicago high school girls reported being physically forced into sexual intercourse.**

Chicago Public Schools. (2024). *YRBS 2023 data tables*. Centers for Disease Control and Prevention. [https://www.cps.edu/about/district-data/health-data/](https://www.cps.edu/about/district-data/health-data/Chicago%20Public%20Schools.%20(2024).%20YRBS%202023%20data%20tables.%20Centers%20for%20Disease%20Control%20and%20Prevention.%20https://www.cps.edu/about/district-data/health-data/)

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Reynolds-Tyler, T. & Conway, S. (2023, November 14). *Missing in Chicago: Who goes missing*. City Bureau and Invisible Institute.

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**In 2021, 82% of girls reported spending three or more hours per day on screen time.**

Centers for Disease Control and Prevention. (2021). *High school YRBS* [Data set]. <https://nccd.cdc.gov/youthonline/App/Results.aspx?LID=CH>

\*\*note: poster reads “89% of girls report spending three or more hours per day on screen time”. While still quite similar, these are the accurate stats.

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**15.3% of high school girls reported being electronically bullied in 2023**

Chicago Public Schools. (2024). *YRBS 2023 data tables*. Centers for Disease Control and Prevention. [https://www.cps.edu/about/district-data/health-data/Chicago Public Schools. \(2024\). YRBS 2023 data tables. Centers for Disease Control and Prevention. https://www.cps.edu/about/district-data/health-data/](https://www.cps.edu/about/district-data/health-data/Chicago%20Public%20Schools.%20(2024).%20YRBS%202023%20data%20tables.%20Centers%20for%20Disease%20Control%20and%20Prevention.%20https://www.cps.edu/about/district-data/health-data/)

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**Spiritual and religious affiliations can provide Black and Latina girls with supportive networks, cultural continuity, and a sense of purpose**

Rose, T., Hope, M. O., Powell, T. W., & Chan, V. (2021). A very present help: The role of religious support for Black adolescent girls’ mental well-being. *Journal of Community Psychology*, 49(7), 2481–2497. <https://doi.org/10.1002/jcop.22595>

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## **Black girls in Chicago face disproportionately high suspension and arrest rates**

The University of Chicago Crime Lab. (n.d.). *Youth violence*.

<https://crimelab.uchicago.edu/topics/youth-supports/>

Morris, M. (2016). *Pushout: The criminalization of Black girls in schools*. The New Press.

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## **Girls in CPS exhibit alarmingly low proficiency rates in English, math, and science**

Illinois Report Card. (2024). Chicago public schools district 299. Illinois State Board of Education. <https://www.illinoisreportcard.com/District.aspx?DistrictID=15016299025>

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## **42% of schools in economically disadvantaged neighborhoods in Chicago offer arts programs, compared to 75% of schools in wealthier areas.**

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Research-based proposals to strengthen elementary and secondary education in the Chicago public schools.

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## **56% of girls feel they cannot live up to social media beauty standards**

Dove. (2024, November 7). *Social media and body image: The stats*.

<https://www.dove.com/us/en/campaigns/purpose/social-media-and-body-image.html>

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## **86% of girls reported that they would feel more confident with a mentor.**

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**Girls interested in finance and STEM believed a mentor would be helpful in their future success.**

Être. (2024). *The current state of girls' confidence: How mentors are slamming the confidence gap shut like lockers.* YPulse.  
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Adu-Hashem, J. & Srygley, S. (2023, December 14). Are the kids alright? How gen Z girls' well-being compares with their mothers' and grandmothers' teenage years. *Population Reference Bureau.*  
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