



LAUREN MOROSKY RULING OUR EXPERIENCES (ROX)

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Angela Lanctot introduced our speaker, **Lauren Morosky**, Manager of Community Programs & Partnerships for Ruling Our Experiences (ROX). The fundamental mission of ROX is supporting and empowering girls in grades 5 through 12.

ROX is based in Columbus. The organization traces its roots to research being done at Ohio State University in 2006. The research centralized around girls and women. It became apparent that much of the work she was doing with girls and women ended up focusing on a lack of confidence. From that evidence grew an effort to help build and support confidence in girls.

ROX notes that there is not a crisis of competence for girls today. Rather there is a crisis of confidence.

The one mission at ROX is to create generations of confident girls who rule their own relationships, experiences, decisions and futures. ROX takes a multi-faceted approach to its mission. The programs for girls are supplemented by national large scale research and by education for adults.

When existing programs aimed at this issue were evaluated it was discovered that efforts were siloed. One program may focus on self-esteem while another may focus on leadership. Yet another might focus on careers and still another on body image. There was no totally comprehensive program to help girls develop the confidence and skills they need to push back in all areas of their lives.

An outgrowth of this research was the formation of ROX – which stands for Ruling Our experiences. ROX is a 20 week program with a curriculum designed to take a comprehensive approach to the different factors impacting confidence and competence in girls. The first pilots for the program occurred at three Columbus city schools. From that initial pilot the program grew organically – with the first expansion in Cleveland and then on to Pennsylvania.

In 2011 ROX was turned into a non-profit organization. ROX now has participation in 20 states and 5,000 girls participated for the first time last year. We saw a video describing Rox's focus on confidence-building for girls.

The organization trains women in participating schools using a 22 hour course which prepares them to implement the ROX curriculum for participating girls at their schools. There are usually about ten girls in a group. The focus is on areas such as effective communication, healthy relationships (both social and dating), self-defense, body image, leadership, careers and stress/pressure management.

ROX has formed an Institute for Research and Training. The Institute was started at the onset of the COVID pandemic and is just now beginning to

[CLICK HERE](#) to view this meeting and all previously recorded Rotary meetings



LAUREN MOROSKY

RULING OUR EXPERIENCES (ROX)

GREETERS

April 5

Steve Frame
John Barth

April 12

James Jenks
Matt Hare

April 19

Tim Kellogg
Nick Vlasidis

REGISTRATION DESK

April 5

Larry McVey
Milt Lustnauer

April 12

Ted Foster
Brendan King

April 19

Don Leach
J.D. Dickerson

CALENDAR

April 5 - Scioto CC/ZOOM

Kelly S. Broeg, Marketing
Coordinator for Central
Ohio – Her Song, Tim Tebow
Foundation

Host: Connie Aschinger

April 12 - Scioto CC/ZOOM

Steve Turnbull, Easter Message

April 19 - Scioto CC/ZOOM

Amy Hoying & Ryan Miller, The
2nd & 7 Foundation

Host: Angela Lanctot

VOLUNTEER OPPORTUNITIES

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OUR NEXT MEETING

APRIL 5TH
Scioto Country Club/Zoom

Upper Arlington
Rotary
Club



operate outside of its virtual construct. An underlying philosophy of the institute is that “girls are experts on their own lives”. There needs to be a focus on what the girls tell us.

In 2017 an anonymous survey of girls from 9th through 12th grade was conducted. The results of the survey are compiled in “The Girls Index” which is available on the ROX website (rulingourexprience.org) One result of the survey and other research is that there is a substantial decline in girls’ confidence beginning at about the 5th grade and continuing until the 9th grade, The confidence level does not appear to return to its earlier high point until women are in their 40’s. Another finding is that high school girls spend an average of six hours per day on social media. Further, the influence of social media and other factors often lead to girls being insecure about assuming leadership positions, fear of sharing ideas for fear of failure, not speaking their mind and sometimes having a lack of interest in school. Many girls end up opting out of opportunities presented to them because of a fear of failure.

A new survey will be conducted later this year. The plan is to conduct the survey every five years.

The drop of confidence cited above happens at about the same time that girls begin to demonstrate a desire to change their appearance. Lauren asked us to consider how we greet and react to young girls in our families and social circles. She surmised that adults frequently comment first on a girl’s appearance when we meet her which emphasizes that characteristic first and foremost.

ROX girls hopefully spread their new-found spirit and confidence organically through their peer group. The program actually gives girls the experiences they need rather than simply telling them that they are competent and confident.

It costs about \$100 per girl to present a program in a school. Funding sometimes comes through the school budget and other times through contributions. ROX also periodically sponsors events designed to raise funds to support the program.

THE MEETING



President **Joe Valentino** opened the meeting and asked **Jack Cotter** to offer the invocation and lead us in the Pledge of Allegiance.

Kevin Brown introduced visiting Rotarian Bill **Wahoff** from the Columbus club.

Dave Dewey reported that the club has raised \$29,000+ for the Rotary Foundation which exceeds our \$25,000 budget. In addition, over \$5,000 has been raised for Polio Plus. He proceeded to make Paul Harris Fellow presentations. Recipients were **Angela Lanctot**, **Jerry Woessner**, **Chris Guglielmi**, **Peggy Concilla** (+3), **Herb Gillen** (+4), **John Cleland** (+3), **Mike Kull** (+3), **Alan Yarletts** (+3), **Dave Hammond** (+5) and **Milt Lustnauer** (+6). Congratulations to all.



Joe reminded us that the District Conference will be held on April 8 and 9. He encouraged participation and noted that the club will cover registration costs for the conference.

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NOTES AND ANNOUNCEMENTS:



Anne Croskey announced that we will have an in-audience microphone for questions in upcoming meetings.

Chip Knoop announced a Community Service Committee meeting is scheduled for Monday, April 4 at 5:30 PM at First Community Church. There are currently no funding requests pending. In the event no such requests are forthcoming the meeting may be cancelled. Check before you decide to attend.

Chip also reminded us that a Rotary Day of Service for Zone 3031 is scheduled to help Habitat for Humanity. The date is Saturday, April 9 and the time is from 8:30 AM to 2:00 PM. We need at least five Rotarians – preferably ten – to join Interact members for this volunteer opportunity. Contact Chip or **Barri Jones** if you can help. Volunteer registration is required and Chip or Barri can get you the form you need.



ROTARY ROUNDTABLE

TUESDAY, APRIL 12TH, 11:00 AM | SCIOTO CC

April's Roundtable will feature Chris & Connie Aschinger discussing business challenges.