

ROX (RULING OUR EXPERIENCES)

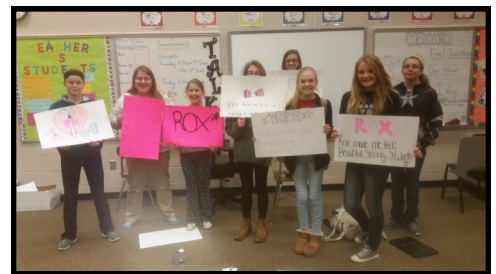


Watch a short video featuring Fulton County ROX
<https://youtu.be/N0rPPBy-4SE>

The Fulton County Health Department, in partnership with Fulton County Job and Family Services, has implemented a new evidence-based program for girls, ROX. The mission of the ROX program is to equip girls with the knowledge and skills necessary to live healthy, independent, productive, and violence-free lives.

Currently, the ROX Program is being offered at Wauseon and Delta Middle Schools. ROX is delivered by professionals and utilizes a 20-lesson, evidence-based curriculum. Programming focuses on the major issues that impact girls during their adolescent years. ROX is designed to give girls a safe place to share things going on in their lives with other girls and to learn skills to effectively negotiate the challenges of adolescence.

Doug Ford, Delta Middle School Principal, had this to say about the program: "ROX has been a benefit to our students both here in school and out of school when it comes to healthy communication, dealing with girl drama/bullying, healthy relationships, navigating social media, body image, support systems, stress and coping, academic and career development, and leadership." The girls are seeing a difference too! Several "ROX graduates" have reported a difference in their relationships with other girls and their ability to use some of the communication skills that they've learned in ROX! And parents? They, too, have reported changes. One parent said, "She's noticed a positive change in her daughter since she started the ROX program." Another said, "I think there's less 'girl drama' since they've started ROX."



For more information about the program, please visit:
www.rulingourexperiences.com.

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