The Confidence Crisis: What 10,678 Girls Think about Stress, Social Media, School, Self-Esteem and Their Futures

Dr. Lisa Hinkelman will present the newest insights and practical interventions for school and mental health counselors as she shares original research from the country’s largest, first-of-its-kind national survey with 10,678 5th-12th grade girls. From confidence, body image, sexting and social media to school, academics, career planning and leadership, the findings from The Girls’ Index provide a roadmap for counselors to recognize the challenges impacting girls. Attendees will learn tools and strategies for creating stronger girls, safer schools and successful students.