



creating hardiness zones  
for girls and women  
in maine and beyond

## Girls in Somerset County: Challenges and Strengths

At the first meeting, members identified the following as challenges girls face:

- Unsafe living conditions—food, shelter, etc.
- Poverty
- Transportation
- Lack of aspirations/opportunities
- Lack of role models
- Family violence
- High teen pregnancy rate
- Substance abuse
- Lack of diversity
- Lack of awareness of resources, poor communication
- Single/lack of parenting
- Lack of access to health care
- No travel outside of central Maine—lack of school field trips
- Limited meeting places—community gatherings, rec. centers, community events

The group also identified girls' strengths which include:

- High achievers—excel academically
- Play sports
- Resilient
- Have a good imagination, creativity
- Technological Skills
- Take on challenges—powerful
- Brave—have to be the ones to do things
- Allegiance to family—rural values
- Literate
- Intelligent



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- Hard workers
- Very motivated/committed
- Trueness to self



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