

## HOW TO JOIN

Stop by the RMS Counseling Office to request a ROX application from Ms. Cheek. You may also contact Jennifer Cheek at 972.347.7015 or [jcheek@detonisd.org](mailto:jcheek@detonisd.org).

## HOW TO HELP

Financial contributors to help fund the ROX program at RMS are always welcome. Contact Jennifer Cheek for more information.

**BEAUTY IS  
IN THE EYE  
OF THE  
BEHOLDER**



<https://rulingourexperiences.com>

## RODRIGUEZ MIDDLE SCHOOL

8650 MARTOP RD  
OAK POINT, TX, 76226

## CONTACT

JENNIFER CHEEK  
972.347.7015



**A PROGRAM  
FOR  
ADOLESCENT  
GIRLS**

## ABOUT

The world is complicated for girls. Fitting in, body image, pressure, academics, friendships and relationships are all challenging to navigate. Add to this, the nuances of technology and social media and it is not surprising that girls are reporting high levels of pressure alongside declining levels of self-confidence.

ROX is committed to equipping all girls with the skills they need to navigate these challenges. ROX is an evidence-based programs to girls in grades 5-12 in their schools and community organizations.

ROX is a co-curricular experience with a 20-lesson curriculum that has been validated with more than 6,000 girls since 2006. The curriculum has proven outcomes and is aligned with the ASCA Mindsets and Behaviors.



## MISSION

TO EQUIP GIRLS WITH THE KNOWLEDGE AND SKILLS NECESSARY TO LIVE HEALTHY, INDEPENDENT, PRODUCTIVE AND VIOLENCE-FREE LIVES.

## THE NEED

A survey was created specifically for female students at RMS to help us better understand their needs.

- 44% of students reported that they have been bullied or made fun of on social media.
- 66% of students report that they check their social media 10 or more times per day.
- 18% of students report that they feel pressure to send sexually explicit texts and photos to others to keep a relationship.
- 81% of girls reported feeling anxious a lot of the time.
- 49% of students reported that girls their age are embarrassed to be smart.
- 33% felt as though boys are encouraged more in subjects like math and science than females.