

MENTAL HEALTH & GIRLS

Today, and everyday, **Nickelodeon** celebrates the nation's Game Changers – women and girls who are pushing boundaries, moving mountains, and changing the game, both on the field and in their fields. This resource was created to support parents and caregivers as they raise girls who are confident, strong, and resilient.

Meet the impressive women featured in the **Nick News** episode *Coins, Skates, and a Healthy Mind*, learn the impact of pursuing a passion, and take away tips to inspire, empower, and cheer on the Game Changers of tomorrow.

Dollars and Sense



Janet Yellen, the United States Secretary of the Treasury, is the first woman to lead the Department of Treasury. She was appointed to her position on January 26, 2021, 233 years after Alexander Hamilton established the U.S. financial system. Everyday she works hard to solve economic conundrums and manages 87,000 people. She's also a big fan of math!



Ventris Gibson is the first Black woman to run the United States Mint. In her role as Deputy Director, she ensures coins in the U.S. are successfully manufactured and circulated. Her first official assignment includes honoring the legacy of other historic Game Changers through the American Women on Quarters program. Distinguished figures like **Maya Angelou**, **Anna May Wong**, and **Wilma Mankiller** will be featured on quarters from 2022 to 2025.

Defending the Gold



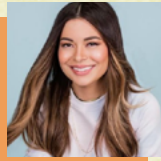
Abby Roque, a standout player on the U.S. Women's Hockey team, was determined to win big in the 2022 Beijing Winter Olympics. Growing up, she was the only girl in her hockey league. As the first Indigenous woman to represent the U.S. in Olympic hockey, she hopes to inspire other young Indigenous girls to lace up their skates and start playing.

A Healthy Mind



Raven Saunders is a track and field athlete who won a silver medal in shot put at the 2020 Tokyo Summer Olympics. She bravely speaks about her struggles with mental health and how recognizing her pain, talking about it, and finding support has helped make her mind just as strong as her body. She advocates for others to do the same, letting them know they're not alone.

Finding a passion, whether on or off the field, positively impacts girls' mental and physical health, supports identity development and invites them to practice important life skills. **Ventris Gibson's** advice to girls looking to find something they feel passionate about is to try lots of things growing up. Not every pursuit may become a passion but the more experiences girls have, the more likely they are to find something that speaks to them.



Nickelodeon's Very Own

[Miranda Cosgrove](#) from *iCarly* encourages girls to get out of their comfort zone. She shares that joining her school plays when she was young helped her overcome her shyness and how this small, brave step led to her success as an actress.

Girls who step out of their comfort zone, try new things, and explore their interests:

- Build confidence, self-esteem, and a sense of belonging.
- Find outlets to relieve stress, anxiety, and depressive thoughts.
- Create connections with others, sharpen their communication skills, and contribute to a team.
- Set and accomplish goals and learn to persist through challenges and setbacks.

Adult support is essential to encouraging the next generation of Game Changers. In a world that consistently tells girls they can't, be the voice that says "You can!" [Cheer](#) along with **Nick Jr.** and celebrate all that girls can do. Then, explore these resources to help you champion the girls in your life:

- **INSPIRE THEM.** Sharing the voices and stories of women who are making a difference helps girls see what's possible. Hear how [these athletes](#) feel in control, centered, and ready to make history when they take to the court, lace up their skates, and hit the slopes. Then, learn about Olympic gymnast [Jordan Chiles'](#) journey to winning silver at the 2020 Tokyo Summer Games and how the support of her teammate, **Simone Biles**, gave her the courage to step up to the mat when her team needed her most.
- **EMPOWER THEM.** Girls can do anything they put their mind to, especially when they feel strong, confident, and supported. Encouraging them to follow their passions gives them the ability to shed others' expectations and to do and become whatever they want. Meet athlete [Luzi Castillo](#) who surfs, skates, dances, and never stops reaching for the stars. As she pursues her dream of being a Paralympian, her mom reminds her that she is limitless! Then, see how [Nickelodeon animal trainer](#), **Crystal Chen**, pursued her passion to work with animals and found her calling in a field typically dominated by men.
- **CHEER THEM ON.** You are your child's biggest fan. Your support encourages them to try new things, take risks, overcome fear, and persevere through challenges. Join **Nick News** as they take to the streets with [Girls on the Run](#), an organization that inspires girls to always keep trying and never give up. Then, explore how the **NBA** and **WNBA** are inspiring the next generation of girls in sports. Find tips for cheering your girls on from the sidelines, encouraging them to get active with [Her Time to Play](#) and strengthening the mind-body connection with [Next Level Mentality](#).

Check out these great books to keep your young readers learning about Women's History Month!

I Will Dance by Nancy Bo Flood

Keep Climbing, Girls by Beah E. Richards

My Three Best Friends and Me, Zulay by Cari Best

Players in Pigtails by Rebecca Gibbon

Sisters: Venus & Serena Williams by Jeanette Winter

Want to learn more? Nick is here to help.

[NickHelps.com](#)
for kids of all ages

[NickParents.com](#)
for parents and caregivers

[NickCommunity.com](#)
for youth organizations and educators

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