

#ThisLittleGirlIsMe Examples and Templates

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Design Templates:

- Then/Now Templates on Canva
- General Templates on Canva

Copy Templates:

- Did you know, [insert key stat]? My piece of advice to my younger self and to other girls around the world is [insert piece of advice]! @inspiringgirlsusa
 @inspiringgirlsint #ThisLittleGirllsMe #SupportInspiringGirls
- This little girl wanted to be [insert profession]. She became [insert current profession]. #ThisLittleGirlIsMe. The advice I would give my younger self and other girls around the world is [insert piece of advice]. @inspiringgirlsusa @Inspiringgirlsint #SupportInspiringGirls
- The more diverse girls' social media feeds are, the higher their career aspirations become. I'm sharing this photo of me to help show girls a range of positive social media role models from all walks of life. #ThisLittleGirllsMe @inspiringgirlsusa @inspiringgirlsint #SupportInspiringGirls
- [Include why role models are important to you]. I would have loved to see more women role models when I was growing up, which is why I'm sharing this picture of me for the #ThisLittleGirlIsMe campaign @inspiringgirlsusa @inspiringgirlsint #SupportInspiringGirls
- This little girl wanted to be a [insert profession]. Today I am proud to say I am [insert current profession] and have [list some key achievements]. My biggest piece of advice to my younger self is [insert piece of advice]. @inspiringgirlsusa
 @inspiringgirlsint #ThisLittleGirllsMe #SupportInspiringGirls

Updated: September 6, 2025



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Key stats:

- Girls experience a 30% drop in confidence between the ages of 8-14 (The Confidence Code For Girls, Ypulse, 2018)
- 41% of girls aged 11-21 think there are certain subjects or careers people expect them to do because they are a girl (Girls' Attitudes Survey, 2020)
- Girls are twice as likely to consider STEM careers after hearing from a women role model working in the sector (Microsoft, KRC research, 2018)
- 67% of young women believe they do not have the same professional chances as men (Girls Attitude Survey, Girl Guiding, 2019)
- 70% of girls feel differently about their futures after hearing from women role models (Research by Intribe for Valore D and Inspiring Girls Italy, 2019)
- Less than 30% of the world's researchers are women (Progress on the Sustainable Development Goals, The Gender Snapshot. 2020)
- 46% of 11-16 year-old girls say they don't have the confidence to become leaders (Girls Attitude Survey, Girl Guiding, 2019)
- 27% of managers and leaders globally are women (ILO Quantum Leap Report, 2019)
- The average pay gap between men and women per month globally is 20% (ILO Quantum Leap Report, 2019)

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