



**BOYS & GIRLS CLUBS  
OF BOSTON**

**2017 MEMBER IMPACT HIGHLIGHTS**

# Dear Friends,



Boys & Girls Clubs of Boston (BGCB) has a long history of delivering effective, quality programming in a safe, caring and welcoming environment. BGCB's first Club was founded in Charlestown in 1893. Today, BGCB operates 11 Clubs in Charlestown, Chelsea, Dorchester, Jamaica Plain, Mattapan, Roslindale, Roxbury and South Boston—and served more than 17,000 children and teens in FY17. In addition to our Clubs, BGCB also operates YouthConnect, an advocacy and intervention program that places licensed clinical social workers in police stations throughout the city of Boston, targeting the city's most at-risk young people.

While the cost for members to attend the Club is only \$25 per school year for 6-12-year-olds and just \$5 per year for teens, BGCB invests an average of \$3,100 per member annually. We receive 80% of our annual operating budget through contributed support, meaning we rely on funding from individual, foundation, and corporate donors to make our life-enhancing programs possible. Support from our Board of Directors, Board of Trustees, Local Advisory Boards, generous donors and program partners helps us provide a safe haven and fun, high-impact programming for youth across the city.

BGCB programs address crucial youth development needs in the areas of education, the arts, life skills, leadership and character development, health and wellness, technology, and sports, fitness and recreation. BGCB remains relevant to youth and the dynamic societal landscape through innovation, reach and impact, and by always focusing on our mission.

We are continually looking for ways we can improve the programming and services we offer to our members. To that end, we have undertaken an initiative to articulate and refine our Theory of Change. We look forward to updating you on our progress next year.

In the pages that follow, we are pleased to highlight the results of our comprehensive programs. BGCB consistently measures results and feedback from the families we serve so that we can continue to provide meaningful programs delivered with elements of fun in a safe, caring environment.

We hope you enjoy reading about BGCB's impact.

Sincerely,

A handwritten signature in black ink, appearing to read "Josh Kraft". The signature is stylized and fluid.

Josh Kraft  
Nicholas President and CEO

# Mission

To help young people, especially those who need us most, build strong character and realize their full potential as responsible citizens and leaders. We do this by providing: a safe haven filled with hope and opportunity, ongoing relationships with caring adults, and life-enhancing programs.

# Strategic Vision

We will invest and innovate to increase the number of youth we impact. To do so, we will:

- Deepen our influence on young people by increasing the number attending regularly, a proven strategy to increase positive outcomes in Clubs.
- Broaden our reach to serve more youth in neighborhoods of need.

# Formula for Impact

The Boys & Girls Clubs of America's Formula for Impact is a blueprint for achieving long-term, large-scale goals, like changing lives and creating great futures for our members. The Club member who regularly attends the Club and participates at least once per week in targeted programs and activities with key elements for positive youth development, is more likely to progress in the priority outcome areas of good character and citizenship, academic success, and healthy lifestyles.



# Young People Who Need Us Most

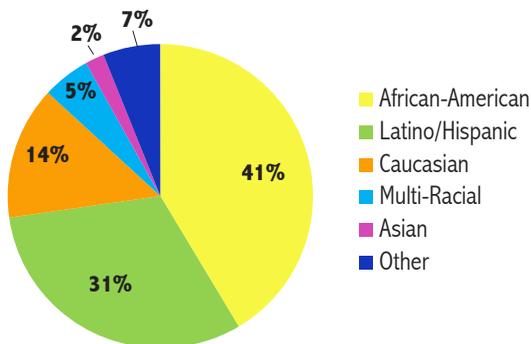


BGCBC Clubs      YouthConnect

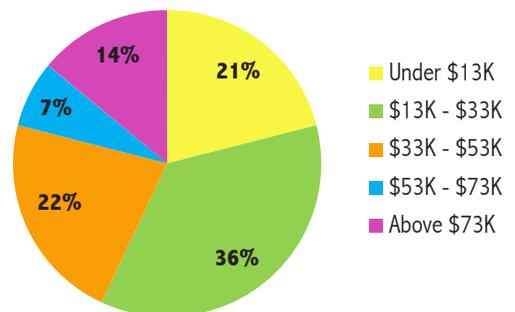
BGCBC members come from a variety of socioeconomic backgrounds. To ensure our programs are accessible to everyone, a Club membership costs only \$25 per school year for 6-to-12-year-olds and just \$5 a year for teens. No member is turned away because of an inability to pay.

## Ethnicity of Youth Served

86% of our members identify as people of color



## Reported Family Income for BGCBC Families of Four



**Nearly 60% of BGCB families of four reported an annual household income of \$33,000 or less**





**87% of families say the Club is an important part of their children's developmental years**

# Club Experience

## Key Elements for Positive Youth Development:

The Club environment is designed to help members reach their full potential. Research conducted by Boys & Girls Clubs of America indicates that Club members thrive when the Club ensures that safety, fun, supportive relationships, opportunities, and recognition are central to daily operations.

<b>1</b>	<b>SAFETY</b>	<ul style="list-style-type: none"><li>• <b>89% of members feel safe at the Club.</b></li></ul>
<b>2</b>	<b>FUN</b>	<ul style="list-style-type: none"><li>• <b>94% of members have a good time at the Club.</b></li></ul>
<b>3</b>	<b>RECOGNITION</b>	<ul style="list-style-type: none"><li>• <b>95% of members say staff let them know when they do something good.</b></li></ul>
<b>4</b>	<b>BELONGING</b>	<ul style="list-style-type: none"><li>• <b>93% of members feel they belong at the Club.</b></li></ul>
<b>5</b>	<b>SUPPORTIVE RELATIONSHIPS</b>	<ul style="list-style-type: none"><li>• <b>85% of members say there is at least one Club staff member they would turn to in a crisis.</b></li></ul>
<b>6</b>	<b>STAFF EXPECTATIONS FOR MEMBERS</b>	<ul style="list-style-type: none"><li>• <b>93% of members say there is an adult at the Club who always wants them to do their best.</b></li></ul>

# Club Experience

## Programs and Activities:

Our Clubs offer a balanced mix of innovative, effective programs established nationally by Boys & Girls Clubs of America, developed locally by BGCB staff, or delivered in partnership with professional program partners. We provide high impact activities and programs that teach real skills, develop leadership qualities and provide hope for the future. The breadth of these programming opportunities extends from education, technology, and the arts to leadership, health and wellness, life skills, fitness and recreation.

Our program partners, including MGH STEM Clubs, Museum of Fine Arts Boston, Music & Youth Initiative, Strong Women Strong Girls, PFLAG, Appalachian Mountain Club, Boston Police Department and The Children's Room, help us deliver high-quality programming.

**BGCB partners with nearly 300  
community organizations to deliver  
eye-opening opportunities to members**

## Regular Attendance:

A critical strategy for success is to get more youth to attend the Club more often. Findings from a rigorous, 30-month evaluation conducted by Public/Private Ventures in partnership with BGCA show that members make significant gains in the areas of academic success, good character and citizenship, and healthy lifestyles when they regularly attend the Club.<sup>1</sup> **Of the 8,400 members we serve, 71% attended the Club once per week or more** on average in FY17.



**In FY17 470 members passed the swim test, 180 members participated on Club swim teams and 27 teens earned their lifeguard certification**



**80% of alumni nationally agreed  
their Club helped them develop  
a sense of responsibility to give  
back to their community**

# Measurable Positive Outcomes

## Good Character and Citizenship:

Targeted leadership programs help members cultivate good character and citizenship by affording opportunities to support and influence their Clubs and communities, build positive relationships, develop a sense of civic responsibility, serve as role models, and prepare for the future.

### RESEARCH PROOF POINTS:

- The chance that a young adult is disconnected (ages 14 - 16 AND neither in school nor working) drops in half if he or she volunteers.<sup>2</sup>
- Young people who volunteer are 27% more likely to find work, because of strengthened professional and social networks and growth in confidence and sharpened skills.<sup>2</sup>

**GOAL:** Members become engaged citizens involved in the community, model strong character, and make constructive social and community choices.

#### Programmatic Intervention

- **Torch Club** members, ages 11 to 13, plan and implement activities in four areas: service to Club and community, education, health and fitness, and social recreation.
- Members ages 14 to 18 may apply to join BGC's **Keystone Club**, which is designed to impact participants in three areas: academic success, career preparation, and community service.

#### Progress Indicators

- 56% of members participate in Club-based community service at least once per month.
- 92% of members say they continue working at something even when it is really hard.

#### Short-Term Progress Toward Outcome

- Members who attend the Clubs at least once a week are 59% more likely to exhibit concern for their community, and 48% more likely to want to help when they see someone having a problem.

# Academic Success:

BGCB utilizes Boys & Girls Clubs of America's evidenced-based strategy, Project Learn, which reinforces what members learn at school while they are at the Club. This strategy consists of five components: homework help and tutoring, high-yield learning activities, incentives, parental involvement, and collaboration with schools.

## RESEARCH PROOF POINTS:

Participation in afterschool activities is associated with a wide range of academic outcomes including: <sup>3-5</sup>

- Better attitudes toward schools
- Higher educational aspirations
- Increased school attendance and decreased tardiness
- Less disciplinary action (e.g. suspension)
- Lower drop-out rates and greater on-time promotion
- Better performance in school (as measured by achievement test scores and grades)
- Improved homework completion and engagement in learning

**GOAL:** Members make academic progress and graduate from high school ready for college, trade school, the military or employment.

### Programmatic Intervention

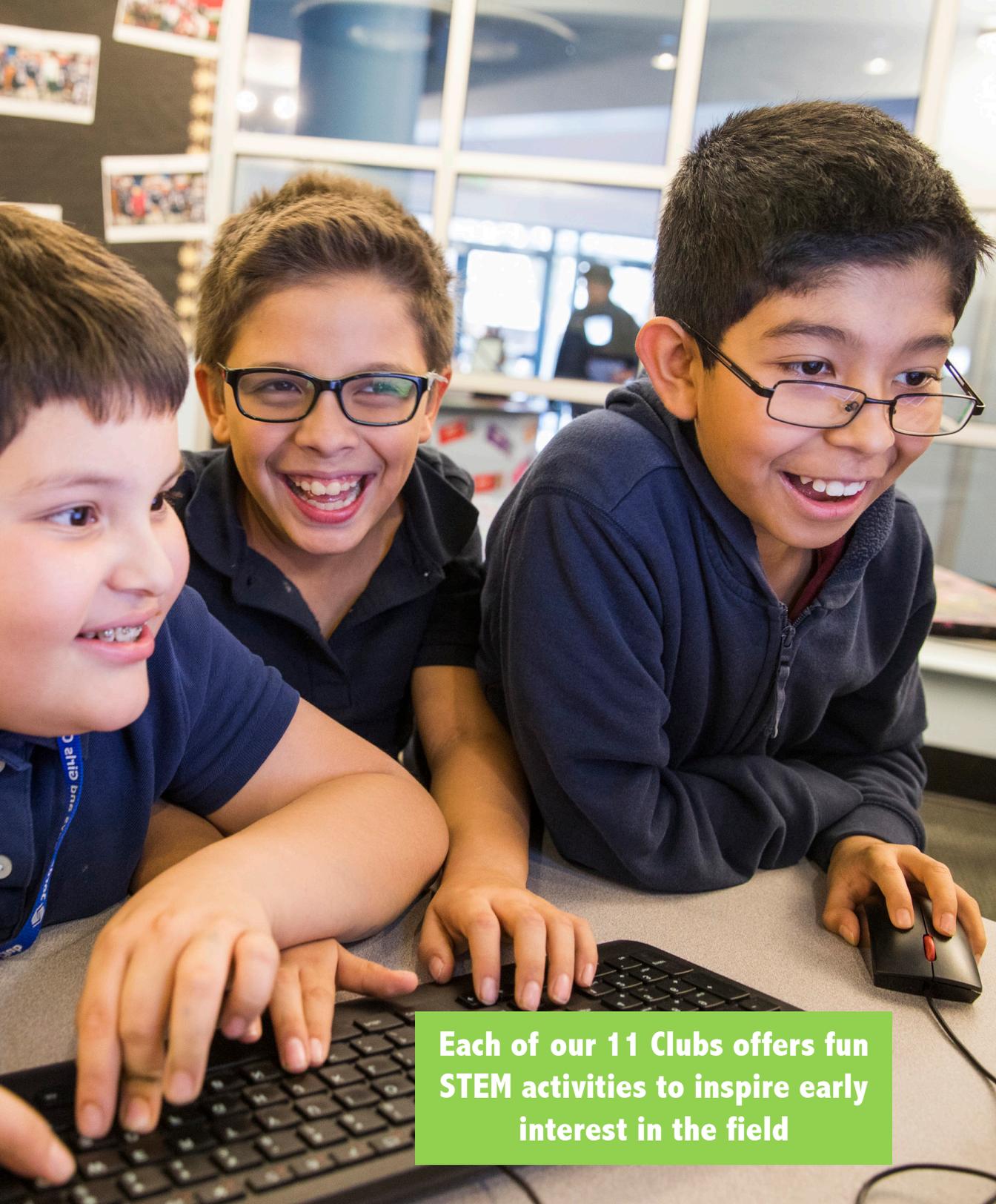
- **Power Hour** encourages members to become self-directed learners through daily homework help and tutoring.
- **Targeted STEM (science, technology, engineering and math) and Literacy programs** are facilitated by BGCB staff based on Common Core education standards and 21<sup>st</sup> Century skills.

### Progress Indicators

- 93% of members expect to graduate high school (for reference only 76% of Boston Public Schools students graduate high school within 5 years<sup>6</sup>).
- 80% of members believe what they are learning in school will be important later in life.

### Short-Term Progress Toward Outcome

- Members who attend the Clubs at least once a week are 48% more likely to receive mostly A's.



**Each of our 11 Clubs offers fun STEM activities to inspire early interest in the field**

# Healthy Lifestyles:

BGCB's culture prioritizes wellness, both organization-wide and at the Club level, to increase members' daily access to health-promoting experiences, knowledge, skills and resources. Health programming builds members' life skills, resilience, social skills, confidence and positive relationships with peers and adults.

## RESEARCH PROOF POINTS:

Supermarket access is associated with a reduced risk for obesity. Families in minority and lower-income neighborhoods, however, have less access to stores and supermarkets that sell healthy, affordable food such as fruits and vegetables.<sup>7</sup>

Dietary habits developed in childhood tend to persist into adulthood. Therefore, it is vital that children begin consuming fruits and vegetables at a young age.<sup>8</sup>

**GOAL:** Members adopt a healthy diet, practice healthy lifestyle choices, and make a lifelong commitment to fitness.

### Programmatic Intervention

- Meal service programs
- Cooking classes
- Monthly wellness workshops
- Hygiene and healthy decision making workshops
- Social work resources at all free standing Clubs
- Gender-specific life skills programming
- Age-specific fitness programming
- Sports leagues

### Progress Indicators

- 59% of members exercise for at least 60 minutes a day, 5 days per week.
- 75% of members eat 2 or more fruits per day.
- 42% of members eat 3 or more vegetables per day.

### Short-Term Progress Toward Outcome

- Members who attend the Clubs at least once a week are 52% more likely to eat 3+ vegetables a day compared to less frequent attenders.



**The Clubs served more than  
310,000 healthy meals and  
snacks during FY17**



**Teens who attend the Club once a week or more are 126% more likely to have plans to acquire a graduate degree (compared to less frequent attendees)**

# Preparing Our Teens for the Future:

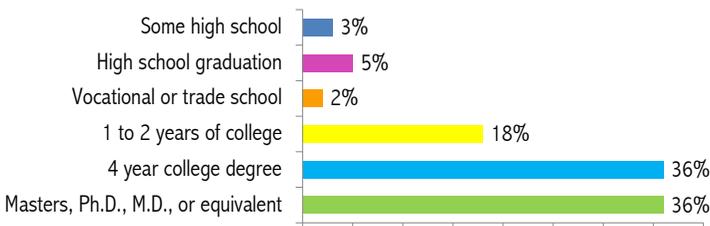
**Life After the Club (LATC)** is BGCB's multi-faceted strategy designed to help ensure members ages 13 to 18 have goals for their post-Club lives, plans for how to achieve them, and the skills and resources needed to be successful.

Participants take part in Club programs that focus on a range of skills for adult life, including financial literacy, career planning, resume writing and job seeking, self-care, planning for college, applying for financial aid, learning to drive, voting and more.

## Teens who attend the Club multiple times a week were more likely to:

- Have a cover letter and resume
- Have attended a college / university tour
- Volunteer regularly
- Have a checking account
- Know how to prepare a budget
- Know how to prepare for a job interview
- Have held a leadership position at the Club or in their school / community

## Highest level of schooling teens expect to achieve:



**GOAL:** Members graduate from high school ready for college, trade school, the military or employment.

### Programmatic Intervention

- **Academic Success:** Post-Secondary Education Club, Power Hour, SAT preparation classes.
- **Financial Literacy:** workshops in partnership with local financial institutions.
- **Employment:** career readiness workshops, field work partnerships with local employment agencies.
- **Leadership:** Junior Staff, Counselor in Training, Young Leaders and BGCB summer internship programs.

### Progress Indicators

- 92% of BGCB seniors who graduated in 2017 began college in the fall.
- In FY17 573 teens secured jobs or internships through BGCB.

### Short-Term Progress Toward Outcome

- Teens who attend the Club 2 or more times per week were 86% more likely to have the tools they need for the job application process (e.g. cover letter and resume).

# Timeline: A Club Member Through the Years

BGCB offers myriad opportunities each year in the life of a Club member from age 6 to 18. The samples below highlight the breadth and depth of BGCB programming during these developmental years.



## Age 6

Brianna is now old enough to become a Club member! Brianna's grandmother is thankful to have all her grandkids enrolled as she's come to rely on the Club for keeping them meaningfully engaged and well fed after school.



## Age 7

Brianna works to improve her reading skills twice a week with Mildred, her older adult tutor. Mildred volunteers at the Club through a longtime program partner, Generations, Inc. Brianna loves reading books about animals that go on adventures and Mildred loves the burst of energy she feels from supporting a younger generation.



## Age 8

Brianna has been excited to turn 8 so she can finally visit the technology center! She loves computers and creating things with her hands. At 8, she is already learning the basics of creating robotics with LEGO educational kits.



## Age 9

Brianna loves being a part of Chefs Club. She has learned so much about cooking and healthy habits that she tries to give her grandmother new tips!



## Age 13

Brianna joins the Young Leaders program. Through leadership workshops, activities, and summertime field trips Brianna learns job skills, develops life skills, and gains an understanding of the importance of community service.



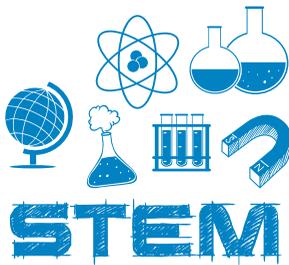
## Age 14

Now that Brianna is fully immersed in the teen center, she feels more independent and is excited to participate in programming with other teens. She is grateful the staff is able to help her with her homework and provide support when she needs it.



## Age 15

Brianna works with the teen staff to create a resume and learn interview techniques. She is confident she will get a summer job because of her preparation.



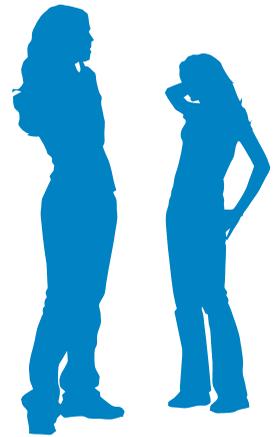
## Age 10

Brianna explores various areas of science, technology, engineering, and math in STEM Club. Thanks to a partnership with MGH, she participates in hands-on experiments at the Club and goes on STEM-related field trips.



## Age 11

Brianna learned to swim when she joined the Club, but this year she decides to join the swim team. Competing in swim meets at other Clubs is a highlight for her. Practices are tough, but she loves her coach.



## Age 12

Brianna shares with her favorite staff member that she feels stressed about school. She's reconnected with the Club's licensed social worker who listens to her concerns, asks questions, and teaches her coping skills to manage her stress.



## Age 16

Brianna volunteers in the youth education room four times per month through Keystone, the teen leadership group. She loves working with younger members and encouraging them to do their best.



## Age 17

Brianna's attends weekly Life After the Club meetings that help her set goals and stay on track for applying to college. She learns how to complete the FAFSA form and other documents needed for college admission. After attending the HBCU (Historically Black Colleges/Universities) tour she can envision herself on a college campus.



## Age 18

At the annual Teen Recognition Dinner Brianna and her peers are acknowledged as role models at the Club. Her favorite part of the night is hearing from successful alumni who serve as the keynote speakers. She hopes one day she can come back and share her successes with young members.

## Endnotes

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- 2 Opportunity Nation. (2014). Connecting youth and strengthening communities: The data behind civic engagement and economic opportunity. Opportunity Nation Civic Engagement Report 2014. Retrieved from [http://www.pointsoflight.org/sites/default/files/resources/files/opportunity\\_nation\\_civic\\_engagement\\_report\\_2014.pdf](http://www.pointsoflight.org/sites/default/files/resources/files/opportunity_nation_civic_engagement_report_2014.pdf)
- 3 Little, P. M. D., Wimer, C., & Weiss, H. B. (2008). Afterschool programs in the 21st Century: Their potential and what it takes to achieve it. Issues and Opportunities in Out-of-School Time Evaluation, 10, 1-12. Retrieved from <https://eric.ed.gov/?id=ED500343>
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- 6 Massachusetts Department of Elementary and Secondary Education. "2016 Graduation Rate Report (DISTRICT) for All Students 4-Year Graduation Rate." Retrieved December 7, 2017 ([http://profiles.doe.mass.edu/state\\_report/gradrates.aspx](http://profiles.doe.mass.edu/state_report/gradrates.aspx)).
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- 8 Milosavljevic, D., Mandic, L. & Banjari, I. (2015). Nutritional knowledge and dietary habits survey in high school population. Coll Antropol, 39(1), 101-107

## Premier Corporate Partners



[bgcb.org](http://bgcb.org)