



**BOYS & GIRLS CLUBS  
OF BOSTON**



2018

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 14,000 children and teens in FY18. In addition to our Clubs, BGCB operates YouthConnect, an advocacy and intervention program that places licensed clinical social workers in police stations throughout the city of Boston to work with 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's annual investment in each member is significant. We rely on funding from individual, foundation, and corporate donors to make our life-enhancing programs possible, and we receive 80% of our \$25 million annual operating budget through contributed funding. 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.

In FY18, we launched strategic planning efforts to prepare for BGCB's future. BGCB is committed to providing the programs and opportunities that prepare our youth and teens to excel in the 21st century – we will do so today as we continue to strategize for tomorrow.

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 that reads "Josh Kraft". The signature is stylized and fluid.

Josh Kraft  
Nicholas President and CEO

BGCB's mission is 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.

BGCB looks to build leadership for tomorrow by sustaining communities today. We serve young people ages 6 to 18, including those who have limited affordable access to physically and emotionally safe environments, quality experiences, and enriching opportunities.

BGCB offers members a wide range of programs and activities rooted in six key elements of positive youth development: safety, fun, recognition, belonging, supportive relationships, and high expectations. Members who regularly attend the Club and participate at least once per week in programs are more likely to progress in BGCB's priority outcome areas of academic and life success, character and community, and healthy development.

BGCB continuously looks for ways to improve the programs and services we offer our members. We are working to enhance our impact through an ongoing Theory of Change initiative. This process revolves around two key questions: What are the outcomes we expect to achieve throughout our Clubs, and how can we develop and strengthen our programs to help our members succeed?

## FORMULA FOR IMPACT

**YOUNG PEOPLE WHO NEED US MOST** + **CLUB EXPERIENCE** = **MEASURABLE POSITIVE OUTCOMES**



**Proven Elements for Positive Youth Development**

**Intentional Programs + Activities**

**Regular Attendance**



**ACADEMIC + LIFE SUCCESS**  
Members gain the skills, knowledge, training, and education they need to pursue their goals and interests

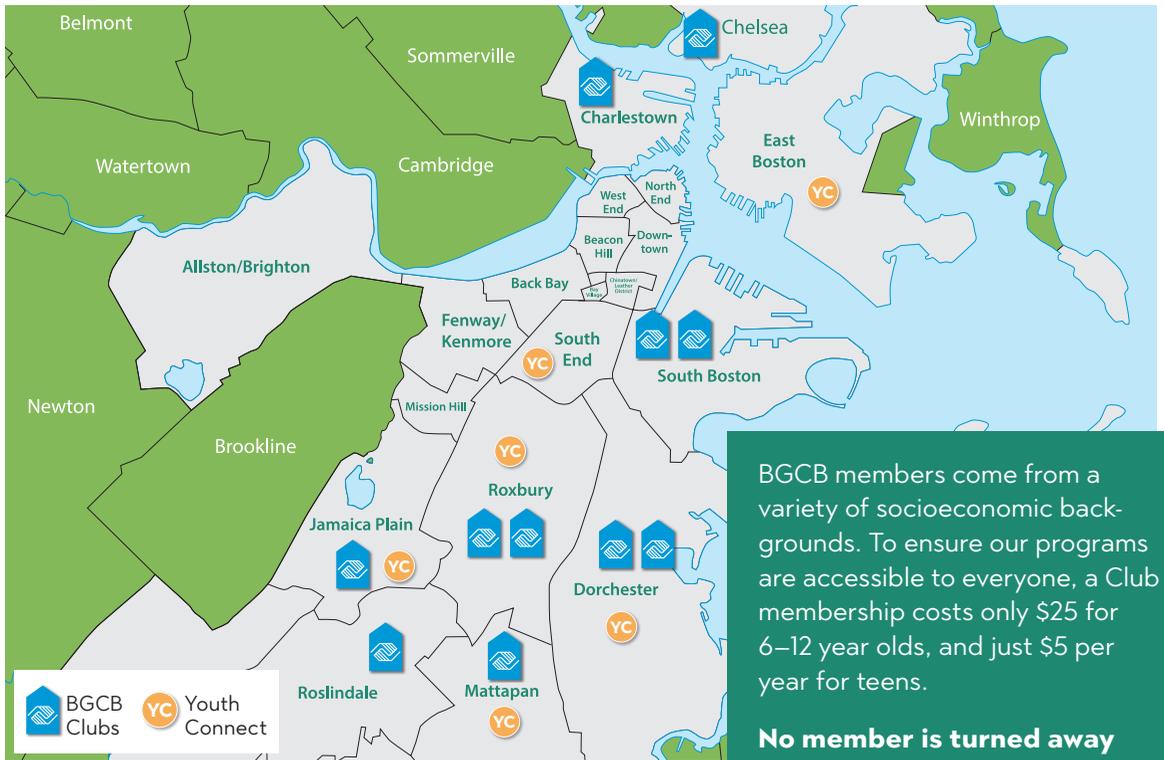


**CHARACTER + COMMUNITY**  
Members develop healthy relationships with peers and adults, while building character to be role models and leaders in their communities



**HEALTHY DEVELOPMENT**  
Members learn to make and model healthy physical, social, and emotional choices

# YOUNG PEOPLE WHO NEED US MOST

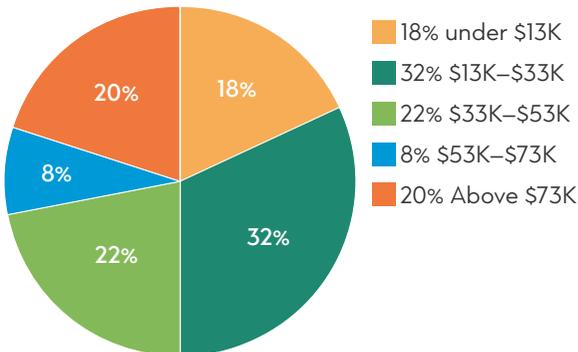


BGCB members come from a variety of socioeconomic backgrounds. To ensure our programs are accessible to everyone, a Club membership costs only \$25 for 6–12 year olds, and just \$5 per year for teens.

**No member is turned away because of an inability to pay!**

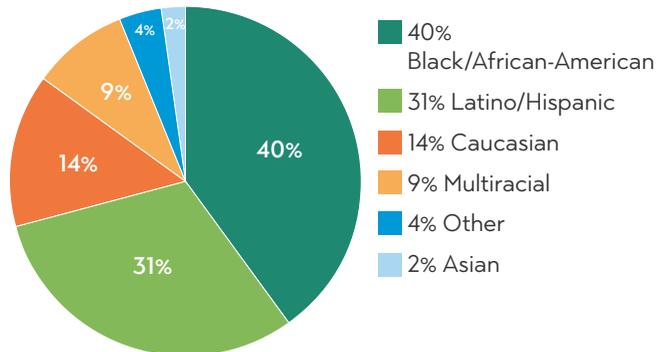
## REPORTED FAMILY INCOME FOR BGCB FAMILIES OF FOUR

50% of BGCB families of four report an annual household income of \$33,000 or less



## ETHNICITY OF YOUTH SERVED

86% of our members identify as a person of color





88% of BGCB members live in low or very low income households.

(Based on HUD 2018 threshold levels for Metro Boston.)



97% of families say the Club is an important part of their child'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.

### SAFETY

95% of families say the Club is safer than other places where their children can spend time

### FUN

93% of members have a good time at the Club

### RECOGNITION

95% of members say staff let them know when they do something well

### BELONGING

91% of members feel they belong at the Club

### SUPPORTIVE RELATIONSHIPS

89% of members say there is at least one Club staff member they would turn to in a crisis

### STAFF EXPECTATIONS

92% of members say there is an adult at the Club who always wants them to do their best

# CLUB EXPERIENCE

## PROGRAMS AND ACTIVITIES

Our Clubs offer a balanced mix of innovative, effective programs established nationally by Boys & Girls Clubs of America (BGCA), 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, Boston Police Department, Girls on the Run, Fresh Truck, Appalachian Mountain Club, and Special Olympics—help us deliver high-quality programming.

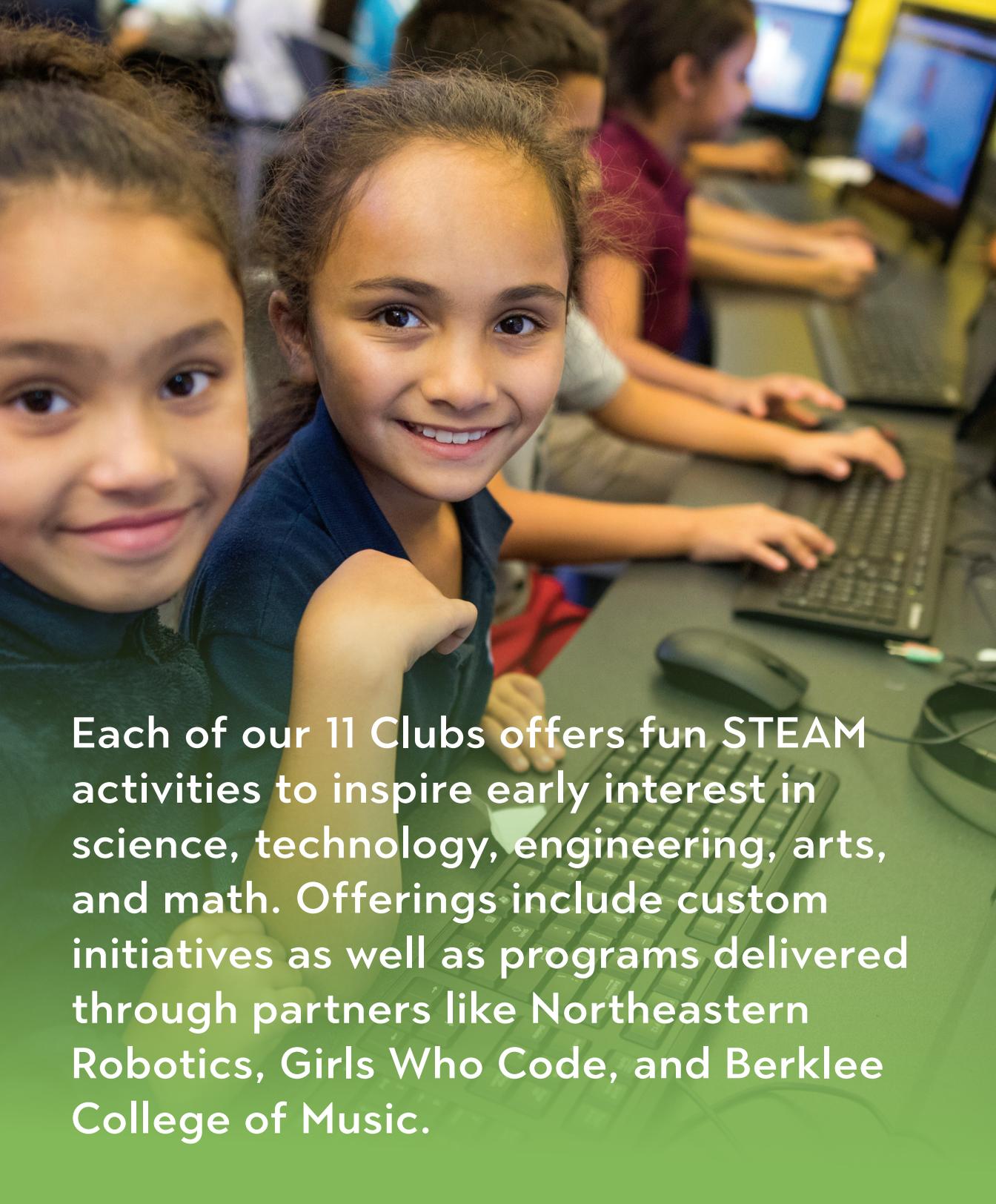
## REGULAR ATTENDANCE

A critical strategy for success is to get more youth to attend their 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 development when they regularly attend the Club.<sup>1</sup> Of our 6,000 members, 75% attended the Club once per week or more during the program year, or were recurrent summer camp attendees in FY18.

**BGCB partners with more than 200 community organizations to deliver enriching opportunities to members.**



504 members passed the swim test in FY18, 213 participated on Club swim teams, and 42 teens earned their lifeguard certification.



Each of our 11 Clubs offers fun STEAM activities to inspire early interest in science, technology, engineering, arts, and math. Offerings include custom initiatives as well as programs delivered through partners like Northeastern Robotics, Girls Who Code, and Berklee College of Music.

# ACADEMIC & LIFE SUCCESS

BGCB equips members with the skills, knowledge, training, and education they need to pursue their goals and interests. We do this through homework help and tutoring, enriching learning activities and innovative programs, parental involvement, and collaboration with schools.

## KEY PROGRAMS

- **Power Hour**, a homework-help program, 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 21st century skills.

## BGCB'S RESULTS

- **96% of BGCB seniors graduated** from high school last spring (for reference only 78% of Boston Public Schools students graduate high school within 5 years).<sup>2</sup>
- **80% of members** receive mostly As or Bs.
- **96% of members** know how to access college and career planning resources.

## DID YOU KNOW?

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

# CHARACTER & COMMUNITY

BGCB helps members develop healthy relationships with peers and adults, while building character to be role models and leaders in their communities. We do this by fostering a positive Club environment and offering targeted programs in which members build leadership skills, develop a sense of civic responsibility, and prepare for the future.

## KEY PROGRAMS

- **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 BGCB's **Keystone Club**, which is designed to impact participants in three areas: academic success, career preparation, and community service.

## DID YOU KNOW?

- The chance that a young adult is disconnected (ages 14 to 16 AND neither in school nor working) drops in half if he or she volunteers.<sup>6</sup>

## BGCB'S RESULTS

- **89% of members** stand up for what is right, even when their friends disagree.
- **53% of teenage** members volunteer at least once per month.
- **73% of teenage members** have held a leadership position in their Club, school, or community.
- Frequent attendance pays off! Members who attend the Clubs at least once a week are **52% more likely** to practice positive conflict resolution.
- 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>6</sup>



80% of alumni nationally agreed their Club helped them develop a sense of responsibility to give back to their community.<sup>7</sup>

# HEALTHY DEVELOPMENT

BGCB teaches members to make and model healthy physical, social, and emotional choices. We do this by providing safe spaces for members to practice healthy decision making, participate in physical activities, and engage in programming designed to promote social-emotional wellbeing.

## KEY OFFERINGS

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

## BGCB'S RESULTS

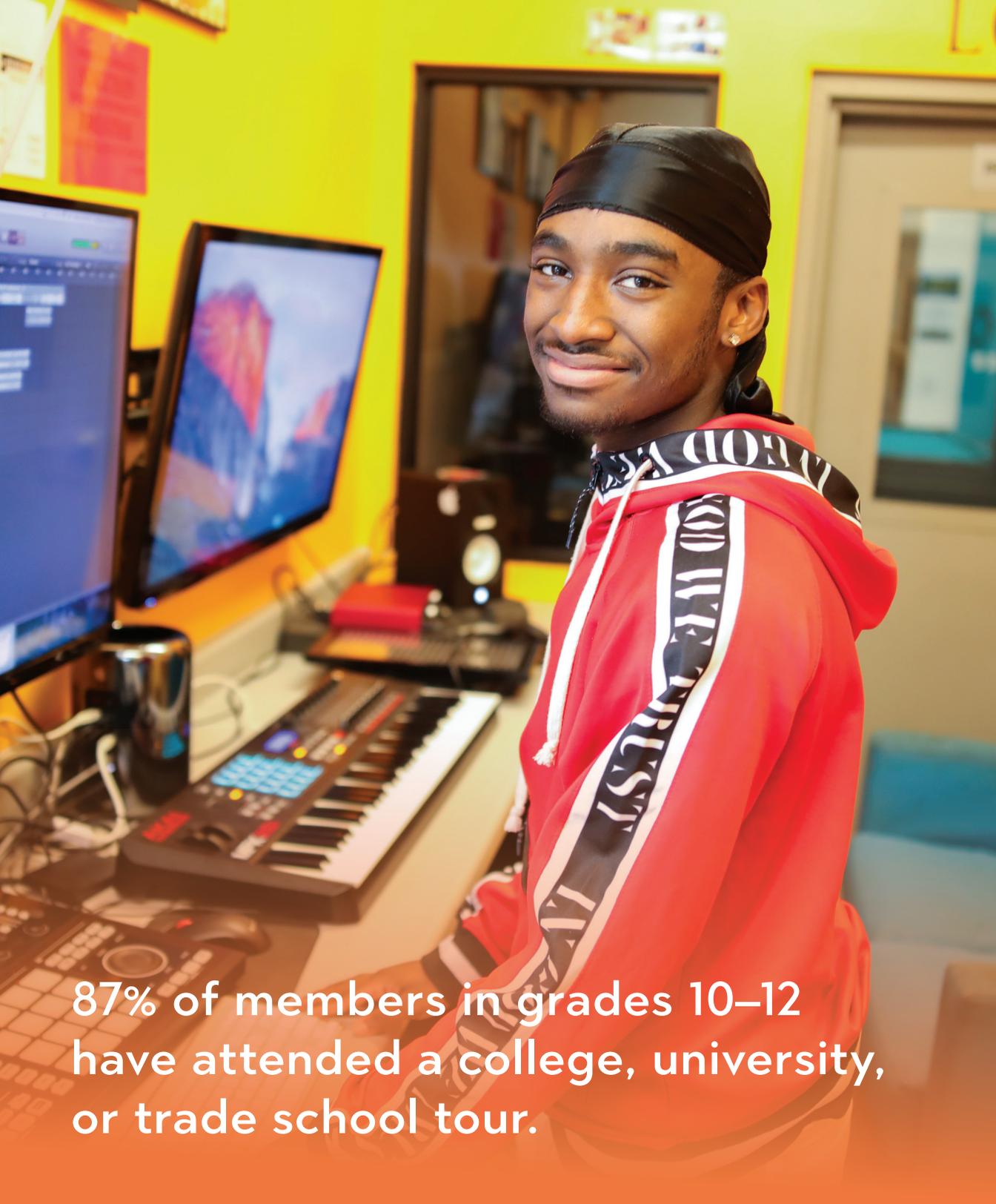
- **77% of members** exercise for at least 60 minutes a day, 3 days per week.
- **61% of members** eat 2 or more fruits per day. Only 14% of Massachusetts adults report comparable levels of fruit consumption.
- **95% of teenage members** can identify unhealthy relationships with peers and/or family members.

## DID YOU KNOW?

- 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>
- 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>9</sup>



The Club served more than 316,000 healthy meals and snacks during FY18.

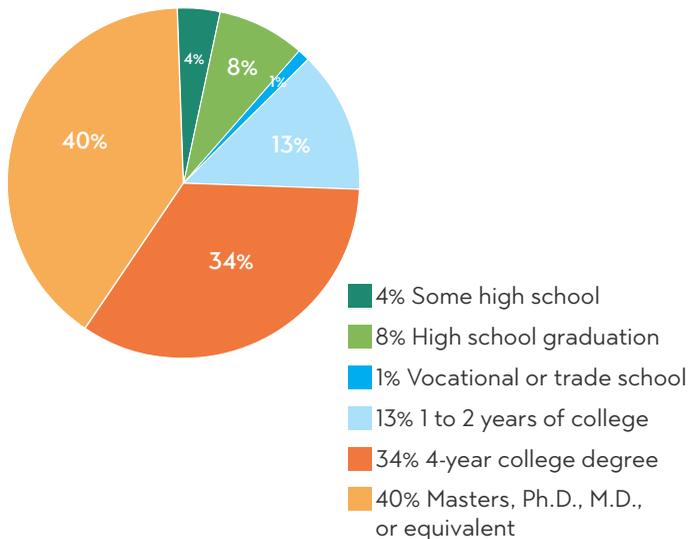


87% of members in grades 10–12  
have attended a college, university,  
or trade school tour.

# 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.

## HIGHEST LEVEL OF SCHOOLING TEENS EXPECT TO ACHIEVE



## BGCB'S RESULTS

- **89% of BGCB's graduating seniors** began college this fall.
- **550 teens secured jobs** or internships through BGCB in FY18.
- **86% of members in grades 10–12 have a resume.**
- **88% of members in grade 12 know how to fill out a FAFSA** (Free Application for Federal Student Aid) form.
- Teens who attend the Club multiple times per week are more likely to:
  - Have a **cover letter**
  - **Volunteer** regularly
  - Have participated in a **college preparation program**
  - Have participated in a **career exploration program**
  - Have participated in a **money management program**

# A CLUB MEMBER THROUGH THE YEARS



## • AGE 6

Jayden is old enough to become a Club member! Jayden's dad is thankful to have all his kids enrolled, as he has come to rely on the Club as a safe place for his kids to go after school.



## • AGE 7

Jayden works to improve his reading skills twice a week with Theresa, his older adult tutor. Theresa volunteers at the Club through Generations, Inc. Jayden loves reading books about insects and Theresa loves supporting a younger generation.



## • AGE 8

Jayden has been excited to turn 8 so he can visit the technology center! He loves computers and using the Club's 3D printer. At 8, he is already learning the basics of coding and robotics with help from Northeastern University volunteers.



## • AGE 9

Jayden loves being healthy and active at the Club. He is learning to cook and working on his basketball skills playing on BGCB's inter-Club league. He especially loves it when the Jr. Celtics come to visit!



## • AGE 13

Jayden joins Torch Club, a leadership and service club. Through service projects, group activities, and leadership opportunities Jayden develops life skills, builds character, and gains an understanding of the importance of community.



## • AGE 14

Now that Jayden is fully immersed in the teen center, he feels more independent and is excited to participate in programming with other teens. He is grateful the staff can help him with his homework and provide support when he needs it.



## • AGE 15

Jayden works with the teen staff to create a resume and learn interview techniques. He is confident he will get a summer job because of his preparation.

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 10

Thanks to BGCB's partnership with Music & Youth, Jayden is learning to play the piano and produce his own music in the Music Clubhouse. He looks up to the teen members who play together in the Club's band.



## • AGE 11

Jayden learned to swim when he joined the Club, but this year he decides to join the swim team. Competing in swim meets at other Clubs is a highlight of his week. In a few years, Jayden plans to work as a junior staff lifeguard!



## • AGE 12

Jayden tells his favorite staff member, Jacob, that he is dealing with stress at school and home. Jacob connects Jayden with the Club's licensed social worker who listens to his concerns, asks questions, and teaches him coping skills to manage his stress.



## AGE 16

Jayden volunteers in the Club through the teen leadership group, Keystone. His favorite place to help out is the education room where he supports members during Power Hour. He loves working with younger members and encouraging them to do their best.



## • AGE 17

Jayden attends College Club meetings weekly, which help him set goals and stay on track for applying to college. He learns how to complete the FAFSA form and other documents needed for college admission. After attending the Club's New England Colleges tour, he can envision himself on a college campus.



## • AGE 18

Jayden is nominated by his Club to be Youth of the Year! He hopes to be selected to represent BGCB in the statewide Youth of the Year competition and compete against five other BGCB teens for the spot. He is proud to be graduating high school and looks forward to visiting the Club as a BGCB alum.

# ENDNOTES

<sup>1</sup> Arbreton, A., Bradshaw, M., Sheldon, J., Pepper, S. (2009). Making every day count: Boys & Girls Clubs' role in promoting positive outcomes for teens. Retrieved from [http://nationalassembly.org/uploads/publications/documents/ppv.org/295\\_publication.pdf](http://nationalassembly.org/uploads/publications/documents/ppv.org/295_publication.pdf)

<sup>2</sup> Massachusetts Department of Elementary and Secondary Education. "2016 Graduation Rate Report (District) for All Students 5-Year Graduation Rate." Retrieved November 9, 2018. (<http://profiles.doe.mass.edu/staterreport/gradrates.aspx>)

<sup>3</sup> 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>

<sup>4</sup> Grogan, K. E., Henrich, C. C., & Malikina, M. V. (2014). Student engagement in after-school programs, academic skills, and social competence among elementary school students. Child Development Research, 2014, 1-9. doi:10.1155/2014/498506

<sup>5</sup> Springer, K., & Diffily, D. (2012). The relationship between intensity and breadth of after-school program participation and academic achievement: Evidence from a short-term longitudinal study. Participation And Academic Achievement: Evidence From A Short-Term Longitudinal Study. Journal of Community Psychology, 40(7), 785-798. doi:10.1002/jcop.21478

<sup>6</sup> 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)

<sup>7</sup> Boys and Girls Clubs of America. "BGCA 2015 Annual Report." Retrieved November 9, 2018. ([https://issuu.com/bgca/docs/bgca\\_annual\\_report\\_2015](https://issuu.com/bgca/docs/bgca_annual_report_2015))

<sup>8</sup> Milosavljevic, D., Mandic, L. & Banjari, I. (2015). Nutritional knowledge and dietary habits survey in high school population. Coll Antropol, 39(1), 101-107

<sup>9</sup> Hilmers, A., Hilmers, D. C., & Dave, J. (2012). Neighborhood disparities in access to healthy foods and their effects on environmental justice. American Journal of Public Health, 102(9), 1644-1654. doi:10.2105/ajph.2012.300865



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