



BOYS & GIRLS CLUBS  
OF BOSTON

2021  
MEMBER IMPACT  
HIGHLIGHTS

# DEAR FRIENDS,



Thank you for taking the time to learn more about Boys & Girls Clubs of Boston (BGCB). Our organization 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 and today operates 10 Clubs in Charlestown, Chelsea, Dorchester, Jamaica Plain, Mattapan, Roxbury, and South Boston, and served more than 8,000 individuals in FY21 alone. 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.

As we entered another year of a global pandemic, our dedicated staff continued to apply energy, creativity, and heart into finding new and effective ways to support our members and families through these continuously challenging times. Our success in making this pivot—again and again—came as no surprise, as this is what BGCB has done so well since 1893: true to our mission, we adapted and responded to the needs of the communities we serve on behalf of our youth.

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 \$26 million 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 fun, high-impact programming and opportunities 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 the pages that follow, we are pleased to highlight the results of our comprehensive, mission-driven programs, particularly over the past year. 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 caring environment.

Sincerely,

Dave Johnson  
Executive Chair of the Board

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.

Hear more stories from our communities/staff and families:



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.

## 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

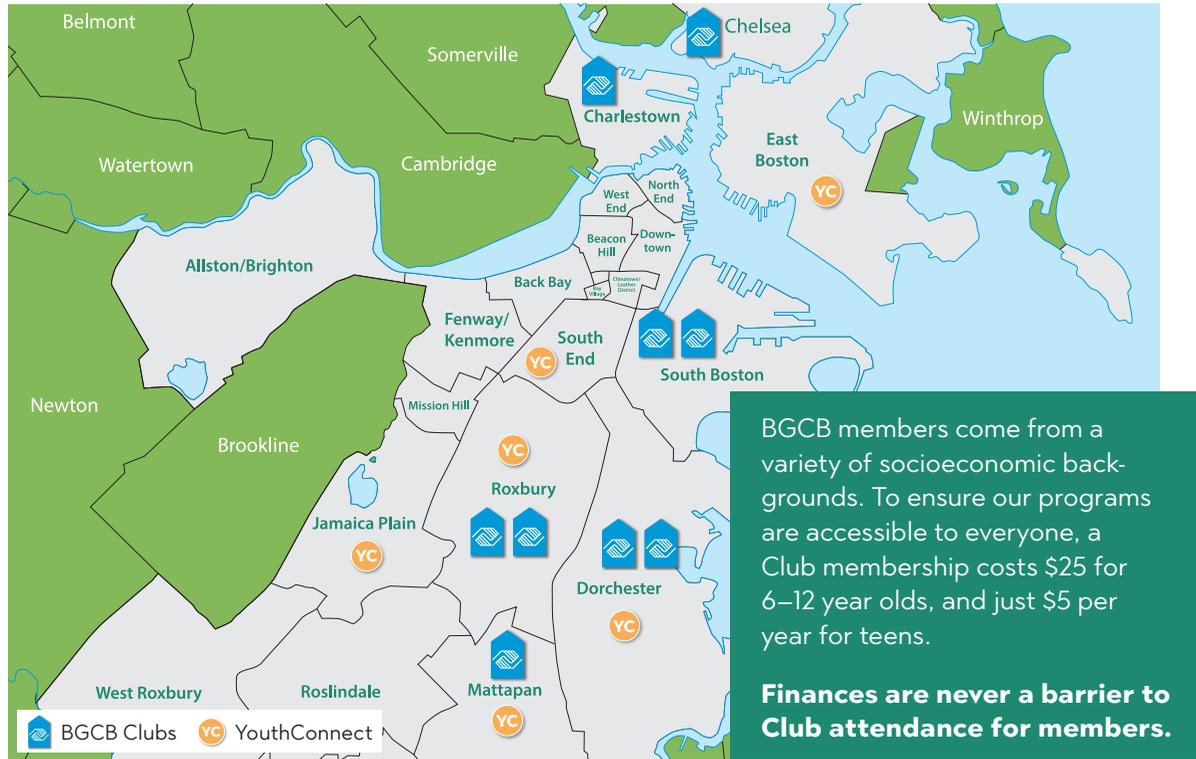


**CHARACTER + COMMUNITY**  
Members develop healthy relationships with peers and adults, while building character to be role models and leaders in their communities



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

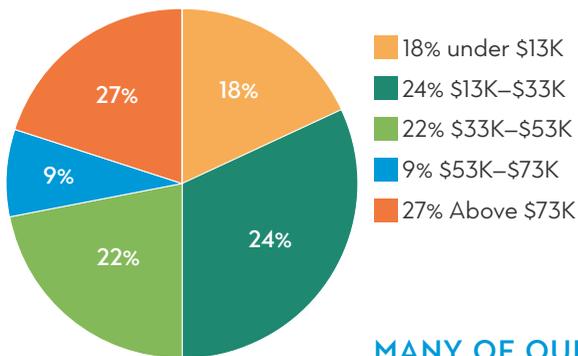
# YOUNG PEOPLE WHO NEED US MOST



Note: Our Hennigan, Condon, and Summer Club's physical locations closed for the 2020–2021 school year. Club members were encouraged to attend neighboring Club locations. The Condon Boys & Girls Club reopened in Fall 2021.

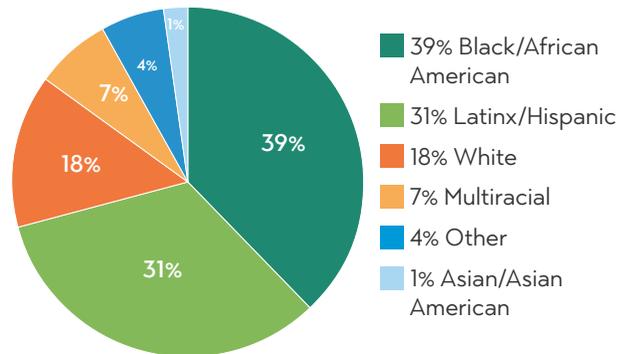
## REPORTED FAMILY INCOME FOR BGCB FAMILIES OF FOUR

64% of BGCB families of four report an annual household income of \$53,000 or less



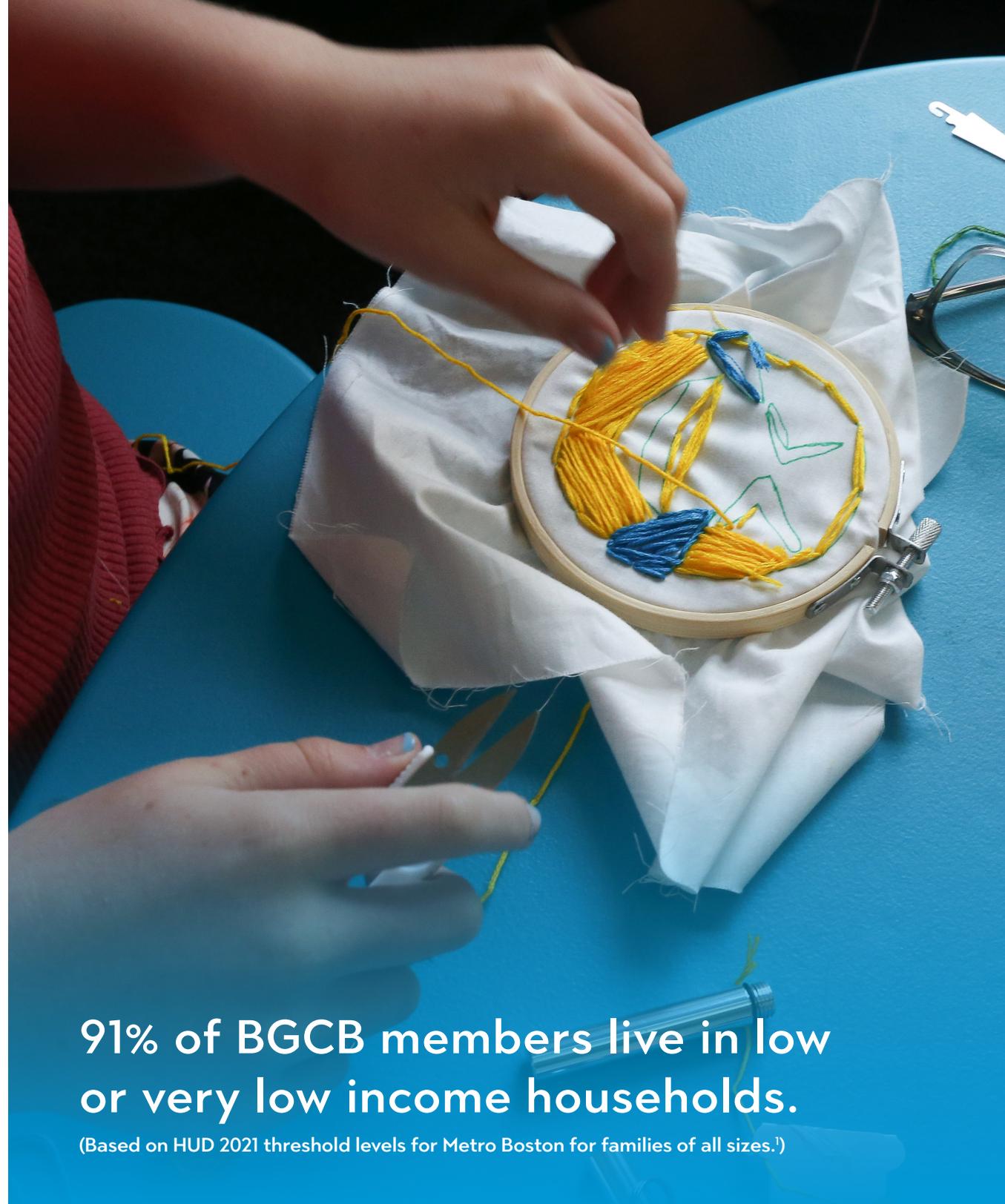
## ETHNICITY OF YOUTH SERVED

82% of our members identify as a person of color



## MANY OF OUR MEMBERS REQUIRE SPECIALIZED ATTENTION

37% of members have medical needs or a formal student support plan (i.e., an Individualized Education Plan or 504 Plan)



**91% of BGCB members live in low or very low income households.**

(Based on HUD 2021 threshold levels for Metro Boston for families of all sizes.)



“The Club is a place where you make a family outside of your family. The staff are very supportive of the members and embrace all with open arms. It is a place that will help you find yourself and hone in on skills that you will need in the future.”

–Alum, Berkshire Partners Blue Hill Club

# CLUB EXPERIENCE

## KEY ELEMENTS FOR POSITIVE YOUTH DEVELOPMENT

The Club experience 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

98% of members feel safe from harm at the Club

### FUN

97% of members enjoy going to the Club

### RECOGNITION

96% of members say Club staff encourage them when they make positive choices

### BELONGING

98% of members say people at the Club accept them for who they are

### SUPPORTIVE RELATIONSHIPS

95% of members say there is an adult at the Club they can talk to if they have a problem

### HIGH EXPECTATIONS

99% of members say adults at the Club encourage 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 collaboration 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 Museum of Fine Arts, Boston, Music & Youth, the Boston Police Department, City Fresh, Massachusetts General Hospital, Hope & Comfort, and the Boston Private Industry Council—help us deliver high quality programming.

## REGULAR ATTENDANCE

A critical strategy for success is to encourage 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>2</sup> Of our 2,300 members, over 60% attended the Club once per week or more during the program year or were recurrent summer camp attendees in FY21.

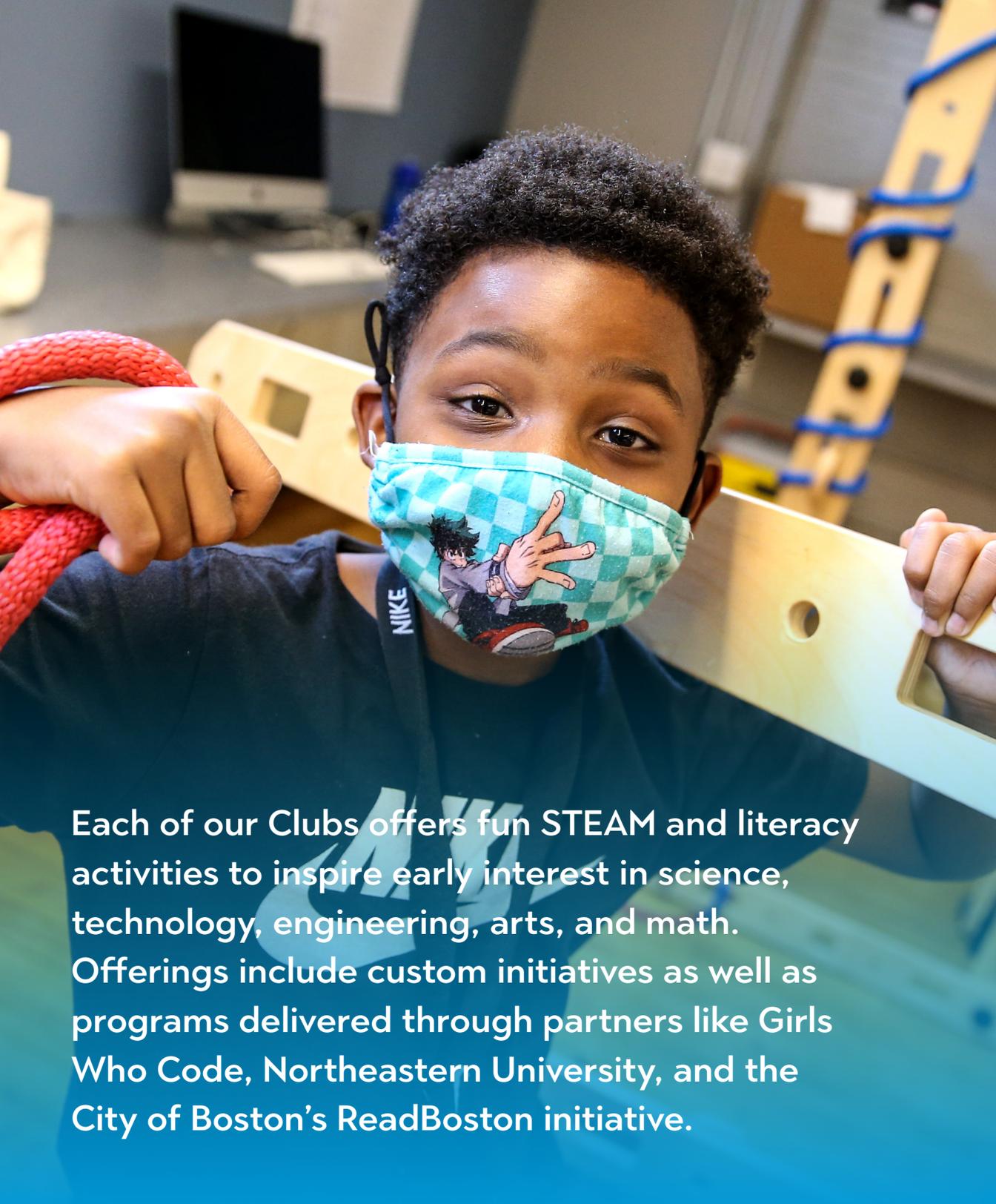
## VIRTUAL CLUB EXPERIENCE

Within days of BGCB's physical closures due to the global pandemic in March 2020, staff across Clubs quickly launched Club at Home, a virtual Club experience featuring daily riddles, art projects, music workshops, and health and wellness activities such as cooking classes. This daily content brought the warm, reliable spirit of the Clubs into the homes of members. As the restrictions slowly lifted and Clubs opened for summer camp, virtual gatherings continued for those members and staff as needed, including for Ready to Work fellows. When the school year commenced in September, Clubs expanded hours and resources as members attended virtual school at the Clubs for the first time ever.

**BGCB partners with more than 125 community organizations to deliver enriching opportunities to members.**



**Celebrating 25 years, YouthConnect is an advocacy and intervention program of BGCB that helps the most at-risk young people make positive life choices through trusting relationships with skilled and compassionate social workers. Through an innovative partnership with the Boston Police Department, licensed staff are assigned to police stations throughout Boston.**



Each of our Clubs offers fun STEAM and literacy activities to inspire early interest in science, technology, engineering, arts, and math. Offerings include custom initiatives as well as programs delivered through partners like Girls Who Code, Northeastern University, and the City of Boston's ReadBoston initiative.

# 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 STEAM** (science, technology, engineering, art and math) and **literacy programs** are facilitated by BGCB staff based on Common Core education standards and 21<sup>st</sup> century skills.

## BGCB'S RESULTS

- **95%** of BGCB families say our Clubs have helped their children gain the knowledge, skills, training, and education that they need to pursue their goals and interests.
- **95%** of BGCB families say our Clubs helped their children stay more engaged with school during the health crisis.
- **99%** of BGCB seniors graduated from high school last spring. For comparison, the United States' graduation rate was 86% before the health crisis<sup>3</sup>.
- **93%** of our graduating seniors were accepted to college or trade school last spring. An additional 6% plan to secure jobs, internships, or military placements.

## DID YOU KNOW?

Participation in afterschool activities is associated with a wide range of academic outcomes including:<sup>4-6</sup>

- **Better attitudes** toward school
- 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>7</sup>

## BGCB'S RESULTS

- **97%** of BGCB families say our Clubs have helped their children develop healthy relationships and build the character to be role models and leaders in their communities
- **90%** of members feel like they can stand up for what is right, even when their friends disagree
- **97%** of teenage members show respect to people with different beliefs, opinions and cultures
- **96%** of BGCB alumni say our Clubs helped them develop a sense of responsibility to give back to their community
- **94%** of BGCB alumni say our Clubs helped them realize their full potential as a leader
- **97%** of BGCB families say our Clubs helped their children stay connected to friends during the health crisis
- Young people who volunteer are 27% more likely to find work, because of strengthened professional and social networks, growth in confidence, and sharpened skills.<sup>8</sup>



**97% of BGCB families say our Clubs have helped their children develop healthy relationships and build the character to be role models and leaders in their communities.**

# 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

- Nutritious meals and snacks
- Cooking classes
- Monthly wellness workshops
- Hygiene and healthy decision making workshops
- Social work resources
- Life skills programming
- Age-specific fitness programming
- Sports leagues
- Swim lessons and swim team
- Club gardens

## DID YOU KNOW?

- Regular physical activity helps children and adolescents improve cardiorespiratory fitness, build strong bones and muscles, control weight, and reduce symptoms of anxiety and depression. It also reduces the risk of heart disease, cancer, and Type 2 diabetes.<sup>9</sup>

## BGCB'S RESULTS

- **98%** of BGCB families say our Clubs have taught their children how to make and model healthy physical, social, and emotional choices
- **90%** of BGCB families say our Clubs helped their children deal with anxiety and fear during the health crisis
- **94%** of members demonstrate high resilience by persisting with something even when it is really hard
- BGCB is committed to serving our members fresh produce, whole grains, and minimally-processed proteins. We served more than **200,000** healthy meals and snacks during FY21.
- Each of our five freestanding Clubs has a state-of-the-art-pool and a dedicated aquatics director. These Aquatics Departments are an invaluable resource for our families. In fact, **84%** of alums who attended those Clubs say BGCB helped them become stronger swimmers.

- 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>10</sup>



90% of BGCB families say our Clubs helped their children deal with anxiety and fear during the health crisis.



As part of BGCB's Ready to Work program, members learn career planning, resume writing, interview preparation, and job-seeking skills.

# PREPARING OUR TEENS FOR THE FUTURE

**Life After the Club (LATC)** is BGCB's multi-faceted strategy designed to help ensure members ages 13–18 have goals for their post-Club lives, plans for how to achieve them, and the skills and resources needed to be successful adults. Members learn and practice an array of subjects, including financial literacy, self-care, planning for college, applying for financial aid, learning to drive, voting, and more.

## BOYS & GIRLS CLUBS OF BOSTON

# READY TO WORK

BGCB's **Ready to Work** (RTW) initiative equips teens through programming that focuses on a range of skills and employment opportunities. These employment opportunities include the Junior Staff program, the Teamworks program, technical training and apprenticeships, and summer internships at locations throughout Boston. Members learn career planning, resume writing, interview preparation, and job seeking skills.

## BGCB'S RESULTS

- **320** teens and recent alumni secured jobs or internships via BGCB in FY21, a testament to BGCB's members and partners during the global health crisis
- **93%** of teenage members have identified a career they would like to pursue. Moreover, 84% have explored their career interests and passions.
- **92%** of Grade 10-12 members have a resume
- **95%** of BGCB seniors say they have filled out the Free Application for Federal Student Aid (FAFSA). For comparison, only 52% of seniors complete the FAFSA nationally.<sup>11</sup>

**“My summer internship gave me the hands-on experience I wanted (in) women’s health for my ambition of becoming an obstetrician-gynecologist. And coupled with Ready to Work, I can wholeheartedly say that I have the skills and resources necessary to make my ambition my reality. Thank you RTW for the support and dedication and passion.”**

–Oasis, worked at TeamUP for Children

# A CLUB MEMBER THROUGH THE YEARS



## • AGE 6

Isaiah is excited to finally be old enough to join his local Club! On Isaiah's first day, he heads to the front desk to receive his membership card. With Isaiah's big sister already a member, Isaiah's mom knows her children are being cared for by dedicated staff who put her family's needs first.



## • AGE 7

Isaiah has not learned to swim yet, and he's thrilled to take lessons at the Club and eventually join the swim team like his sister. After his lesson, staff encourage Isaiah to not just stay active, but also nourish his body with warm, healthy meals made right at his Club.



## • AGE 8

Isaiah looks forward to visits from a Club community partner, the Fresh Truck, where he can pick out fresh produce to bring home to his family. He also loves learning about how to grow his own vegetables and herbs by maintaining the Club's garden through BGCB's partnership with Green City Growers.



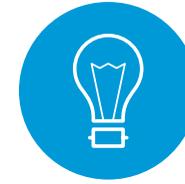
## • AGE 9

At the Art room, Isaiah can get creative and make art with all kinds of materials. The Club is planning a new neighborhood mural, and Isaiah collaborates with other members to design a mural representing community and fun.



## • AGE 10

Isaiah starts every afternoon completing his homework during Power Hour and can ask his school-age education coordinator for help with hard questions. Isaiah loves reading books in the Education room and had the confidence to enter the Club's poetry competition this summer.



## • AGE 11

As a member of Torch Club, Isaiah works alongside his peers to lead service projects for his neighborhood, and also creates engaging group activities for his Club. Isaiah's staff advisors encourage him to build life skills, develop strong character, and value the importance of community.



## • AGE 12

One of Isaiah's favorite activity rooms is the Computer Clubhouse! He loves learning simple code to use the 3D printer to make art for his mom. Isaiah also stays for evening programs and builds LEGO robots with Northeastern University volunteers.



## • AGE 13

Isaiah joins the Young Leaders summer program, where he enjoys taking on more responsibility at the Club while also getting to enjoy summer camp activities. Alongside the other Young Leaders, Isaiah participates in workshops, activities, and field trips to develop his job and leadership skills.



## • AGE 14

Isaiah has always wanted to learn how to play the guitar. He starts taking lessons through BGCB's partnership with Berklee College of Music and is even preparing to audition for his Club band, where he can perform alongside peers at Club events.



## • AGE 15

As a Ready to Work Fellow, Isaiah prepares for the workforce and life after the Club. Staff and partners cover resume editing, interviewing skills, and help him earn a paid summer internship with one of BGCB's Corporate Leadership Council partners.



## AGE 16

Isaiah confides in Daniel, a trusted staff member, that he's recently felt overwhelmed and anxious. Daniel introduces Isaiah to the Club's licensed, full-time social worker, who helps Isaiah process his feelings while offering advice to make safe, responsible decisions.



## • AGE 17

After being involved in countless leadership activities at the Club, Isaiah feels qualified to apply for Youth of the Year, and he wins! At BGCB's leadership meetings, Isaiah shares stories about trying new things and learning about himself and the world at the Club.



## • AGE 18

Isaiah attends his Club's Historically Black Colleges and Universities (HBCU) campus tour. College Club staff help him complete his application and financial aid forms. When his Club physically closes due to the pandemic, he meets daily with members and staff virtually to stay on track. This fall, Isaiah is attending his top choice school, and is excited to take with him everything he's learned at his Club.

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.

# ENDNOTES

<sup>1</sup> United States Department of Housing and Urban Development. (2021). FY2021 Income Limits Documentation System. Retrieved from [huduser.gov/portal/datasets/11/112020/2020summary.odn](https://huduser.gov/portal/datasets/11/112020/2020summary.odn)

<sup>2</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 [issuelab.org/resources/3266/3266.pdf](https://issuelab.org/resources/3266/3266.pdf)

<sup>3</sup> National Center for Education Stats. (2021). Public high school graduation rates. Retrieved from: [nces.ed.gov/programs/coe/indicator\\_coi.asp](https://nces.ed.gov/programs/coe/indicator_coi.asp)

<sup>4</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 [eric.ed.gov/?id=ED500343](https://eric.ed.gov/?id=ED500343)

<sup>5</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>6</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>7</sup> University of Maryland's Do Good Institute. (2018). Good intentions, gap in action: The challenge of translating youth's high interest in doing good into civic engagement. Retrieved from: [dogood.umd.edu/research-impact/publications/good-intentions-gap-action](https://dogood.umd.edu/research-impact/publications/good-intentions-gap-action)

<sup>8</sup> Opportunity Nation. (2014). Connecting youth and strengthening communities: The data behind civic engagement and economic opportunity. Retrieved from [opportunitynation.org/wp-content/uploads/2014/09/Opportunity-Nation-Civic-Engagement-Report-2014.pdf](https://opportunitynation.org/wp-content/uploads/2014/09/Opportunity-Nation-Civic-Engagement-Report-2014.pdf)

<sup>9</sup> Centers for Disease Control and Prevention. (2019). CDC Healthy Schools: Physical Activity Facts. Retrieved from [cdc.gov/healthyschools/physicalactivity/facts.htm](https://cdc.gov/healthyschools/physicalactivity/facts.htm)

<sup>10</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

<sup>11</sup> EducationWeek. (2020). A new worry from the COVID-19 crisis: paying for college. Retrieved from: [edweek.org/teaching-learning/a-new-worry-from-the-covid-19-crisis-paying-for-college/2020/05](https://edweek.org/teaching-learning/a-new-worry-from-the-covid-19-crisis-paying-for-college/2020/05)



## BOYS & GIRLS CLUBS OF BOSTON

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