



BOYS & GIRLS CLUBS
MAINE ALLIANCE

**Boys and Girls Club Experience
Improving Outcomes for Youth**

Manual of Services

July 2021

Welcome to the Boys & Girls Club Experience!

Your local Boys & Girls Club is continuously working to provide an adult-supervised, safe, and structured environment for you.

Several local Clubs are offering the **Boys & Girls Club Experience** so that you and other youth ages 14-24 who want to can access high-quality, afterschool and summer youth development programs.

What is BGCE?

BGCE is a menu of activities offered at local Clubs that will cover three main areas: Healthy Lifestyles, Academic Success, and Good Character & Citizenship.

BGCE will be available in Androscoggin, Franklin, Kennebec, Knox, Lincoln, Oxford, Sagadahoc, Somerset and Waldo counties.

There are CORE and Electives programs that will be offered in the **BGCE**.

A snapshot of the programs is provided below and a detailed description of each program, when they will be offered by Clubs (summer, afterschool or both), number and frequency of sessions, and a few examples of activities in each program can be found on pages 5-9.

Here's a quick snapshot of CORE and Electives programs.

CORE Programs	Electives Programs
<ul style="list-style-type: none">• SMART Girls• Passport to Manhood• Career Launch• Project Learn• Power Hour• Triple Play	<ul style="list-style-type: none">• SMART Moves• SMART Leaders• Healthy Habits• Nutrition• Substance Use Prevention• College Readiness

How and When Can I Participate?

Up to 25 youth ages 14-24 can participate in BGCE CORE programs for a minimum of two days each week or 8 hours each month or 20 hours per quarter. Once the CORE program offerings attendance requirement is met each week, youth may participate in other Elective Programs.

What if I'm not able to participate in a CORE program?

If for whatever reason you are not able to participate in a CORE program, you can still participate in the Electives program. We ask that you attend regularly and consistently to get the most out of the program activities.

Referrals to Behavioral and/or Mental Health Specialists

Sometimes being able to speak to someone about life's challenges is what we need. With that in mind, **a key part of BGCE is making sure participating youth can receive referrals to behavioral or mental health specialists if needed.**

Your Club will work with its community partners to expand the availability of behavioral health services.

Some Clubs may also implement activities such as "Healthy Habits" in partnership with healthcare providers, non-profit organizations, opioid and substance use prevention programs, and other local agencies.

In addition, when and if possible, Clubs may provide on-site behavioral health providers either on staff or through its partners.

Check with the Club's Program Director or other program staff if you want to learn more.

CORE Programs

The list of curricula, services and activities on the following pages include the menu of choices across three core areas (Healthy Lifestyles, Academic Success and Good Character & Citizenship).

CORE youth must participate in each of these programs for a minimum of two days each week or 8 hours each month or a total of 20 hours per quarter. Once the CORE program offerings attendance requirement is met each week, youth may participate in other Elective Programs.

Clubs will ensure that the 25 youth are tracked for attendance and completion of the CORE programs as well as for pre- and post-tests per curriculum and pre-test and quarterly post-test surveys or other evaluations about the **BGCE**. The list of CORE programs is provided again below and expanded descriptions of each program, in addition to the number of sessions, frequency of sessions, and core activities per program can be found starting on page 5 of this manual.

1. SMART (Skills Mastery and Resilience Training) Girls
2. Passport to Manhood
3. Career Launch
4. Power Hour
5. Project Learn
6. Triple Play

Elective Programs

Some Clubs will serve additional youth in a specified county or counties. These youth will participate in any of the Elective programs described below as well as any CORE programs described previously. Participation per program/activity and weekly Club attendance will be tracked.

1. SMART (Skills Mastery and Resilience Training) Moves
2. SMART Leaders
3. Healthy Habits
4. Substance use prevention strategies
5. Nutrition
6. College Readiness

CORE Programs

SMART (Skills Mastery and Resilience Training) Girls is a small-group health, fitness, prevention/education and self-esteem enhancement program designed to meet the developmental needs of teen girls. Teen girls explore their own and societal attitudes and values as they build skills for eating right, staying physically fit, getting good health care and developing positive relationships with peers and adults.

Number of Sessions: 10 sessions

Frequency of Sessions: One hour per week; 20 hours per quarter

Term: School year and/or Summer

Activities: Die Writing, Girls Night, Pen Pal (or Text Pal), Inspiration Book, Mentor Dinner Party, Group Fitness, Community Service

Activity Categories: Development of youth leadership skills, physical activity, civic and community engagement

My Role: (1) Attend regularly and (2) Take one pre-test, one post-test, and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of each summer or school year program.

Passport to Manhood teaches responsibility to teen boys with sessions that focus on a specific aspect of character and manhood through highly interactive activities.

Number of Sessions: 14 sessions

Frequency of Sessions: One hour per week; 20 hours per quarter

Term: School year and/or Summer

Activities: From Boys to Men, Understanding Manhood, Self-Esteem and Identity, Values in Personal Decision-Making, Academic Success, Healthy Lifestyles, Responses to Authority, Relationships with Girls, and more.

Activity Categories: Development of youth leadership skills, skills building in the physical activity, nutrition, health education, and wellbeing, civic and community engagement, prevention of sexual activities, drug misuse, violence and criminal behavior

My Role: (1) Attend regularly and (2) Take one pre-test, one post-test and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of each summer or school year program.

Career Launch prepares teens for the world of careers and work. Through Career Launch, teens embark on a journey to explore possible vocations, make sound educational decisions, and find success in the world of work. Native Career Launch (as applicable) is supported through the Workforce Innovation and Opportunity Act.

Number of Sessions: 24 sessions

Frequency of Sessions: One hour per week; 20 hours per quarter

Term: School year and/or Summer

Activities: A few of the sessions are: What is My Vision for the Future? What Does a Career Provide? What's the Difference between a Job and a Career? How is the World of Work Organized? What are Potential Careers?

Activity Categories: Development of youth leadership skills, development of work ethic and job skills to increase employability opportunities and/or employment retention

My Role: (1) Attend regularly and 2) Take one pre-test, one post-test, and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of each summer or school year program.

Power Hour provides Club professionals with the strategies, activities, resources and information to create an engaging homework help and tutoring program that encourages teens to become self-directed learners.

Number of Sessions: At least one hour in either Triple Play or Power Hour

Frequency of Sessions: One hour per week; 20 hours per quarter

Term: School year only

Activities: Community Building, Learning How You Learn, Growth Mindset, Goal Setting, Peer Tutoring, and more

Activity Categories: Academic achievement and supports, Development of youth leadership skills, development of work ethic and job skills to increase employability opportunities and/or employment retention

My Role: (1) Attend regularly and 2) Take one pre-test, one post-test, and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of the school year.

Project Learn reinforces teens' academic enrichment and school engagement during the time they spend at the Club through a comprehensive strategy of academic support and incentives, which include: 1) high-yield learning activities 2) daily homework help and tutoring; 3) school collaborations; 4) parental involvement and 5) incentives for academic effort and achievement.

Number of Sessions: Each week site is open for summer programming

Frequency of Sessions: One hour per week; 20 hours per summer break

Term: Summer only

Activities: Note that Project Learn is a framework, not a curriculum. Hence, the framework guides youth development professionals through the following components: Homework help and tutoring, High-yield activities, Parent and community adult involvement, Collaboration with schools, Incentives.

Activity Categories: Academic achievement and supports, Development of youth leadership skills, civic and community engagement

My Role: (1) Attend regularly and 2) Take one pre-test, one post-test, and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of each summer program.

Triple Play is a comprehensive health and wellness program that strives to improve the overall health of teens by increasing daily physical activity, teaching them about good nutrition and helping them develop healthy relationships. Triple Play includes fitness activities, recreation, coaching, and team sports.

Number of Sessions: School year: At least one hour in either Triple Play or Power Hour
Summer: each week site is open

Frequency of Sessions: One hour per week; 20 hours per summer break

Term: Year-round

Activities (Ages 13-18): Building a Vision for the Future, What is Health, and more

Activity Categories: Development of youth leadership skills, skills building in the areas of physical activity, nutrition, health education, and wellbeing

My Role: (1) Attend regularly and 2) Take one pre-test, one post-test, and short, periodic surveys. You will be asked to take a short pre-test at the start of the program and a short post-test at the end of each summer or school year program.

Electives Programs

SMART (Skills Mastery and Resilience Training) Moves uses a team approach to help teens develop skills to resist risky behaviors including drug use, alcohol, tobacco, as well as premature sexual activity and discourage teen-pregnancy. Using small group activities, it teaches young people to recognize and resist media influences and peer pressures to engage in alcohol, tobacco, other drug use and early sexual involvement.

Frequency of Sessions: Weekly

Activities (Teens): Exploring Our Emotions, Using Coping Strategies, and more

Activity Categories: Development of youth leadership skills, skills building in the areas of physical activity, nutrition, health education, and wellbeing

My Role: Attend regularly

SMART Leaders is for teens who have completed SMART Moves, SMART Girls and/or Passport to Manhood and reinforces a broad spectrum of social and personal competence skills to help youths identify and resist peer and other social pressures to smoke, drink, and engage in sexual activity.

Frequency of Sessions: Weekly

Activities: What Do I Like About Me?, Building a Positive Self Image, and more

Activity Categories: Development of youth leadership skills, skills building in the areas of physical activity, nutrition, health education, and wellbeing

My Role: Attend regularly

Healthy Habits emphasizes good nutrition, regular physical activity and improved overall well-being by addressing how teens' health behaviors are influenced and helping them assess, practice, and recognize healthy messages.

Frequency of Sessions: Weekly

Activities: What is Health? Balancing Food Choices, Eating Away From Home, Identifying Emotional Cues, Responding to Social Cues, and more

Activity Categories: Skills building in the areas of nutrition, health education, and wellbeing

My Role: Attend regularly

Substance use prevention strategies are incorporated as stand-alone awareness activities, facilitating youth-led prevention efforts and messages, family activities, and workshops. Substance use prevention includes specific topics such as opioids, alcohol, vaping, marijuana, and prescription drug abuse.

Frequency of Sessions: Weekly

Activities: *Examples include* those outlined in BGCA's Opioid and Substance Use Prevention Guide

Activity Categories: Prevention of drug misuse

My Role: Attend regularly

Nutrition activities include gardening, healthy eating, and cooking classes.

Frequency of Sessions: Weekly

Activities: *Examples include* All Stars Sports Nutrition Tips, gardening activities, Healthy Habits, and more

Activity Categories: Skills building in the areas of physical activity, nutrition, health education and wellbeing

My Role: Attend regularly

College readiness activities assist teens and include activities such as such as SAT preparation workshops, college application workshops, college tours, essay writing workshops, and family financial aid nights.

Frequency of Sessions: Weekly

Activities: *Examples include* sessions in Diplomas to Degrees: My Beliefs About Post-Secondary Education, My College Planning Checklist, Overcoming Obstacles, and more.

Activity Categories: Academic achievement and supports, development of youth leadership skills

My Role: Attend regularly