



## Girls Circle

Girls Circle aims to counteract social and interpersonal forces that impede girls' growth and development in order to strengthen confidence, build self-esteem, and encourage self-expression through weekly, structured group meetings featuring various topics in an emotionally-safe setting. These groups are inclusive of LGBTQ+ youth who identify with female adolescent development.

**Ages: 9-18**



## The Council for Boys and Young Men

The Council is a strengths-based program that enables boys to find belonging, build assets, and deconstruct harmful masculinity beliefs through weekly, structured group meetings featuring various topics designed for boys' healthy development. These groups are inclusive of LGBTQ+ youth who identify with male adolescent development.

**Ages: 9-18**

Youth who actively attend & participate in a circle will earn rewards such as special trips, outings, parties, or gift cards!

# WHY CHOOSE ADAC?

Our programs have proven to be effective for over 35 years and are trusted by families, schools, and partner organizations across Philadelphia.

## Contact Us:

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Scan the QR code or visit [bit.ly/45cFgd3](https://bit.ly/45cFgd3) to request programming.



# GIRLS

# CIRCLE &

THE

# COUNCIL

FOR

# BOYS

# AND YOUNG MEN

Evidence-based prevention programming for girls and boys in schools, churches, community organizations, and other youth groups

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**ANTI-DRUG & ALCOHOL CRUSADERS, INC.**



## ABOUT ADAC

Anti-Drug & Alcohol Crusaders, Inc. (ADAC), a nonprofit, community-based organization, was founded in 1987. ADAC has serviced thousands of individuals and generations of families by providing youth educational and recreational programs, violence and substance misuse prevention education, social-emotional learning activities, career training, parent empowerment courses, resources and referrals, and more.



## FEATURES

### WHAT

Girls Circle and The Council groups follow evidence-based curricula from One Circle Foundation. Within a range of 6-18 sessions, youth share about relevant topics of interest or concern and participate in creative or focused activities while adhering to community agreements.

### HOW

Groups of about 5-10 youth gather with 1 facilitator in person or online for 45 minutes to 1.5 hours each session.

### WHEN & WHERE

Groups may gather during the school day, after school hours, evenings, or weekends at schools, churches, community-based organizations, or on video conferencing platforms.

## OUTCOMES



**Increases educational aspirations and expectations**



**Increases school engagement for boys**



**Reduces delinquency for girls**



**Decreases unhealthy beliefs about being male**



**Significantly reduces recidivism in girls with prior offenses**



**Builds sense of community among participants**



**Improves safe sex practices (condom use)**



**Improves attitudes and encourages non-judgment**

Learn more about One Circle Foundation's **Girls Circle** and **The Council for Boys and Young Men** at:

[www.onecirclefoundation.org/girls-circle](http://www.onecirclefoundation.org/girls-circle)

[www.onecirclefoundation.org/the-council](http://www.onecirclefoundation.org/the-council)