



BOYS & GIRLS CLUBS

YOUTH DEVELOPMENT RESOURCE CATALOG



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Overview

Boys & Girls Clubs of America has developed many resources to help Clubs provide youth-centered programming. Whether these resources offer High-Yield Activities for youth, support for youth development professionals, or tools for creating a supportive Club environment, each is designed to help youth progress toward three outcomes.

- Academic Success: Graduate on time, motivated to learn, with a plan to succeed in today's modern workforce
- Healthy Lifestyles: Make healthy lifestyle decisions resulting in social, emotional and physical well-being
- Good Character and Citizenship: Develop strong character and take actions that make a difference in the community

This Youth Development Resource Catalog is designed to help Clubs identify and access the resources that align with their goals. Each resource is classified either as a Capacity Building Resource, High-Yield Activity Guide, Initiative, Implementation Guide or Targeted Program, as defined below.

Capacity Building Resource

Capacity Building Resources help Clubs engage in continuous quality improvement and increase program quality. Because capacity building often exists outside of a single core program area, these resources are listed together in this catalog.

High-Yield Activity Guide

A High-Yield Activity Guide includes support for hands-on, interactive activities that are designed for youth to develop or practice skills. Catalog entries for these resources will describe the activity, reference the outcome it supports, specify the target age group, share the number and duration of sessions, list the subject-specific and social-emotional skills youth will build, and include links for accessing resources. High-Yield Activity Guides support one of the following Core Program Areas: The Arts, Education, Health and Wellness, Leadership and Service, and Sports and Recreation.

Initiative

An Initiative is a comprehensive, holistic approach that supports youth through a specific strategy. While Initiatives may include activities and Targeted Programs, they often implicate staff practices and environmental components. Core components include an evidence-based strategy, resources for staff, recommended activities or Targeted Programs, recommended staff practices and environmental changes.

Implementation Guide

These are designed to support staff as they implement a strategy, initiative or event. Implementation Guides often support continuous quality improvement by encouraging staff to assess, plan and improve staff practices, policies, space, infrastructure, programming and more.

Targeted Program

A Targeted Program is a specific series of sequenced, developmentally appropriate staff-led learning experiences for youth and teens. Each session in a Targeted Program is designed to build subject-specific and social-emotional skills. Catalog entries for Targeted Programs describe the program, reference the priority outcome it supports, specify the target age group, share the number and duration of sessions, list the subject-specific and social-emotional skills youth will build, and include links for accessing resources. Some Targeted Programs are available through the MyFuture platform. These are listed as Digital Targeted Programs. Targeted Programs support one of the following Core Program Areas: The Arts, Education, Health and Wellness, Leadership and Service, and Sports and Recreation.

Curated Program

Curated programs are designed and developed by BGCA partners, vetted by national staff, and made available for Club and Youth Center use.

MyFuture Badges and Activities

BGCA's digital learning platform, found online at MyFuture.net, provides interactive, youth-facing activities that build new skills or enhance opportunities for young people to explore the topics of existing national programs. Youth complete fun activities, earn badges and have the chance (with staff approval) to share their work with Club members across the country.

Program Basics Suite

The BLUEprint

The BLUEprint is Boys & Girls Clubs of America's definitive guide to program planning and delivery. The BLUEprint is part of the Program Basics Suite, a collection of resources designed to help Clubs enhance program quality and improve the Club Experience for youth. Program Basics resources are available at BGCA.net/programbasics.

Youth Development Toolbox App

The Youth Development Toolbox App provides easy, immediate access to tips and activities that give youth a high-quality experience. It includes micro-learning videos for frontline staff and coaching tips for supervisors. The app can be found in stores by searching for "YDToolbox."

Program Basics Planner

The Planner is an online collection of tools to help staff quickly and easily construct effective Club program plans and schedules. Staff can find sample schedules and downloadable, fillable templates. Access the planner at ProgramBasicsPlanner.com.

Playbooks

Playbooks are designed to help any Club professional create a high-quality Club Experience for youth in a specific physical space, time of day, or Core Program Area of a Boys & Girls Club or Youth Center. The Gamesroom, Assemblies and Transitions Playbooks are available on BGCA.net/programbasics.

The Arts

The Arts (digital, fine, applied and performing arts) programs encourage imagination and self-expression. They also help youth develop knowledge and understanding of specific art forms. Art programs build social-emotional and 21st century skills, such as communication, critical thinking and creativity. Targeted Programs and High-Yield Activities in the Arts Core Program Area are linked to the Academic Success priority outcome area.

To join a learning community focused on The Arts, please visit BGCA.net/Programs/Pages/Affinity-Groups.aspx.

Drama Matters

Drama Matters promotes a love of drama while increasing appreciation for this art form. Last updated in 2008, Drama Matters builds self-confidence by inspiring creativity and improving academic achievement.

Targeted Program	Academic Success
Designed for ages 6-18	21 sessions
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Collaboration With Peers and Adults • Imagination • Self-Expression • Curiosity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Self-Motivation
A Facilitator’s Guide, sample press release and certificate of completion for participants are available at BGCA.net/DramaMatters . Drama Matters Afterschool: Lessons in Stagecraft is an additional guide to enhance the drama program by teaching advanced participants about set design, set building, lighting, costumes, stage makeup and directing. It teaches members to express themselves creatively.	

Lyricism 101

Lyricism 101 includes proven youth development practices and creative activities to build and expand teens’ literary skills. It does this while exposing them to the art of hip-hop, particularly cipher culture. Lyricism 101 was last updated in 2017.

Targeted Program	Academic Success
Designed for ages 14-18	9 sessions, 90 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Collaboration With Peers and Adults • Self-Expression • Giving and Receiving Feedback • Cultural Awareness • Curiosity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Self-Motivation • Perspective Taking
This program is available at BGCA.net/Lyricism . Additionally, youth can earn five digital badges across three levels available at MyFuture.net/Lyricism-101 .	

National Photography Program

The National Photography Program is designed to help members go beyond snapshots to develop photography skills that can really impact the viewer. The National Photography Program includes a unique mix of program materials to help Club staff fully understand the concepts they teach.

High-Yield Activity Guide	Academic Success
Designed for ages 6-18	7 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Self-Expression • Cultural Awareness • Curiosity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Self-Motivation • Perspective Taking
A Facilitator's Guide, instructional videos and PowerPoint presentations to support activities are available at BGCA.net/Photography . Photography activities are also available at MyFuture.net/Media-Making . Members can also submit their photographs into five different categories for the National Arts Contest. Categories include portrait, landscape and surroundings, editing and filter, culture and tradition, and fashion and style. For more details on the National Arts Contest, visit BGCA.net/NationalArtsContests .	

Music Makers

Music Makers supports Clubs to create and run a music education program. This flexible program includes beginner, intermediate and advanced activities for drums, guitar and vocals. Music Makers was last updated in 2007.

Targeted Program	Academic Success
Designed for ages 6-18	8 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Self-Expression • Cultural Awareness • Curiosity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Collaboration With Peers and Adults • Self-Motivation
Music Makers resources include a program guide, standalone teen component, sample funding proposal, budgeting tool, equipment lists, sample job descriptions for staff, sample press release and communication resources to generate excitement among Club members. Resources can be found at BGCA.net/MusicMakers .	

Partnering With Community Arts Organizations

Clubs seeking to improve their arts programming without spending a lot of money can collaborate with community arts organizations. This guide walks staff through harnessing the resources and arts expertise such organizations offer. It includes case studies from three Boys & Girls Clubs on how to partner with community arts organizations to support high-quality arts programming. It can be found at BGCA.net/Arts.

Implementation Guide	Academic Success
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Media Making

Media Making teaches creative expression by engaging members in experiencing, creating, sharing and editing digital media. The project-based activities introduce members to photography, audio production, video production and design. Envisioning and developing projects allows members to hone their creativity, collaboration, communication and critical thinking skills. Media Making was updated in 2017.

Digital Targeted Program	Academic Success
Designed for ages 6-18	54 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none">• Creativity• Imagination• Self-Expression• Cultural Awareness• Curiosity	Social-Emotional Skills: <ul style="list-style-type: none">• Critical Thinking• Self-Awareness• Collaboration With Peers and Adults• Self-Motivation• Perspective Taking
Members earn digital badges for completing each learning module. Youth- and staff-facing instructions are available at MyFuture.net/Media-Making , and additional resources for staff can be found at MyFuture.net/Staff .	

Assessing and Growing Arts Programs in Clubs

This resource is designed to help Club staff assess the arts programming in their Club, and then create a plan to grow and enhance it. Staff will be guided through a process of evaluating their arts programs, the practices of staff who deliver these programs, and how the overall culture of an organization determines the success and impact of its programs. The assessment guides staff through the following six categories: facilities, leadership and culture, policy and practice, programming, market demand, funding and sustainability. This assessment can be found at BGCA.net/Arts.

Implementation Guide	Academic Success
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Engaging and Retaining Artists in Clubs

This resource contains the process and tools needed for Boys & Girls Clubs to identify, onboard, coach, evaluate and create continuous improvement plans for art program instructors. The tools and protocols are to be implemented by local Club staff in partnership with Boys & Girls Clubs of America staff. They should integrate, as well as enhance, the current human resource practices of the participating organization. The guide covers how to introduce working artists to the Club and provide them with continuous professional development. It provides guidance for hiring and training staff, program evaluation and continuous quality improvement. This resource can be found at BGCA.net/Arts.

Implementation Guide	Academic Success
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Youth Arts Engagement Guide

This resource guides Club staff to build a high-quality arts program. It includes information for launching programming, designing the arts program space, engaging community partners, and recruiting and retaining members. This resource can be found at BGCA.net/Arts.

Implementation Guide	Academic Success
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Education

Education programs complement and reinforce what youth learn during the school day, while creating experiences that invite them to fall in love with learning. Rooted in social-emotional development practices, programs in this area enable all youth to be effective, engaged learners who are on track to graduate with a plan for the future. As an informal learning space, Clubs have an opportunity to offer both remediation and enrichment, all while inviting youth to discover and pursue their passions through experiential learning. Targeted Programs and High-Yield Activities in this area are linked to the Academic Success priority outcome area.

To join the Education Learning Community, please visit BGCAEducation.Wixsite.com/EduLearningCommunity.

Career Launch

Career Launch is BGCA's job-readiness and career preparation program for teens. It provides fun and interactive activities for youth to explore a broad range of career areas, matches their interests to career clusters, and identifies the skills and education needed for their particular career paths. Career Launch is designed to support youth as they prepare for their first job, internships, summer employment and more. Career Launch was last updated in 2017.

Targeted Program	Academic Success
Designed for ages 13-18	24 sessions, 45 minutes each
Subject-Specific Skills: <ul style="list-style-type: none">• Career Awareness• Literacy• Digital Literacy• Planning and Carrying Out Investigations• Inquiry• Critical Thinking	Social-Emotional Skills: <ul style="list-style-type: none">• Identifying and Solving Problems• Evaluating• Organizing• Communicating• Goal Setting• Accurate Self-Perception
A Career Launch Facilitator's Guide, Teen Guide and session introductory videos are available at BGCA.net/CareerLaunch . The Facilitator's Guide includes pre- and post-evaluation materials, supporting research, funding tools and additional online resources for job readiness.	

Computer Science Pathway

Computer Science Pathway guides youth from their first hour of code, through block-based coding, to the exploration of conceptual computer science to designing, developing, and sharing original apps and websites. Computer Science Pathway was last updated in 2019.

Digital Targeted Program	Academic Success
Designed for ages 5-18	17 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Digital Literacy • Evaluating • Inquiry • Analyzing and Interpreting Information • Planning and Carrying Out Investigations 	Social-Emotional Skills: <ul style="list-style-type: none"> • Communication • Goal-Setting • Identifying and Solving Problems • Recognizing Strengths
Computer Science activities are available for youth on MyFuture.Net/Computer-Science , and staff support is available on BGCA.net/ComputerScience . Staff also have access to the MyFuture Spillet Leadership University course, which provides an overview of the MyFuture website, Computer Science Pathway and its programs. Staff can also access a Technology Planning Guide, a Technology Planning Guide template, and a sample Bring Your Own Device (BYOD) policy template at BGCA.net/Technology .	

Digital Literacy Essentials

Digital Literacy Essentials activities are engaging and exciting project experiences. They provide members of all ability levels with a foundation to explore digital safety, digital privacy, digital presence, online communication and retro gaming. Digital Literacy Essentials was last updated in 2017.

Digital Targeted Program	Academic Success
Designed for ages 8-15	26 sessions, 45 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Digital Literacy • Analyzing and Interpreting Information • Designing and Constructing Explanations • Critical Thinking 	Social-Emotional Skills: <ul style="list-style-type: none"> • Identifying and Solving Problems • Communication • Collaboration • Evaluating • Organizing
Activities are available on MyFuture.net/Digital-Literacy-Essentials with instructions for youth and staff. Additional support for staff is available at MyFuture.net/Staff . An adaptation for Native Youth is available on BGCA.net/DigitalLiteracy . For support building and sustaining technology in Clubs, a Technology Planning Guide and related resources are available at BGCA.net/Technology .	

Diplomas to Degrees

Diplomas to Degrees is a postsecondary readiness program. It encourages teens to make connections between their interests and future career paths, to plan and prepare to enter postsecondary education, and develop the skills and attributes to be successful in their educational endeavors. This program focuses specifically on entry into two- or four-year colleges and universities, community colleges, vocational/technical schools and U.S. military colleges. Diplomas to Degrees was updated in 2019.

Targeted Program	Academic Success
Designed for ages 13-18	27 sessions, 50-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Postsecondary Awareness • Career Awareness • Time Management • Digital Literacy • Planning and Carrying Out Investigations • Analyzing and Interpreting Information • Critical Thinking • Locating Information • Self-Advocacy 	Social-Emotional Skills: <ul style="list-style-type: none"> • Identifying and Solving Problems • Evaluating • Organizing • Communicating • Goal Setting • Self-Efficacy • Adult Connections • Self-Discipline • Self-Motivation
The Diplomas to Degrees Facilitator’s Guide, Teen Guide and recorded program implementation training are available at BGCA.net/D2D . The Facilitator’s Guide contains supporting research, as well as additional tools and resources to enhance the program further.	

DIY STEM

DIY STEM is a hands-on, activity-based STEM program that connects youth ages 9-12 to science themes they encounter regularly. Special attention is paid to connections between theory and application, and the common interactions members have with these scientific principles. DIY STEM includes five modules: Energy and Electricity, Intro to Aeronautics, Engineering Design, Food Chemistry and the Science of Sports. DIY STEM was updated in 2017 and adapted for Native Youth in 2018.

Targeted Program	Academic Success
Designed for ages 9-12	19 sessions, 45-90 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Asking Questions • Analyzing and Interpreting Information • Designing and Constructing Explanations • Critical Thinking 	Social-Emotional Skills: <ul style="list-style-type: none"> • Collaboration • Communication • Evaluating • Identifying and Solving Problems • Planning and Carrying Out Investigations
A Facilitator's Guide, a Native adaptation of the program, and information about collecting or ordering the materials for DIY STEM are available at BGCA.net/DIYSTEM .	

Everything STEM Planning Guide

This resource helps Clubs leverage space, staffing, programming, equipment and partnerships to increase youth interest, motivation and efficacy related to STEM. The Everything STEM Planning Guide, which includes assessments, planning guides and improvement tools, as well as the STEM Center Space Redesign Guide can be found on BGCA.net/STEM.

Implementation Guide	Academic Success
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Junior Staff

Junior Staff provides your Club with tools to guide young people to prepare for a career in Boys & Girls Clubs or other professional settings. By participating in Junior Staff, teens will develop interpersonal skills and a strong work ethic while engaging in work-based learning experiences throughout the Club. The program focuses on career development, apprenticeships, customer service and community service. Junior Staff was last updated in 2007.

Targeted Program	Good Character and Citizenship, Academic Success
Designed for ages 13-18	21 sessions, 20-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Career Awareness • Professionalism • Self-Advocacy • Analyzing and Interpreting Information 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Awareness • Ethical Responsibility • Goal Setting • Identifying and Solving Problems
The Junior Staff Facilitator's Guide can be found at BGCA.net/JuniorStaff . The Facilitator's Guide contains pre- and post-assessments, a project action plan and several templates for relevant Junior Staff forms.	

Power Hour

Power Hour is a foundational Academic Success program that provides homework help, academic skill building and collaborative learning activities. Power Hour was last updated in 2018.

Foundational Targeted Program	Academic Success
Designed for ages 6-18	13+ sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Evaluating • Asking Questions • Analyzing and Interpreting Information • Literacy • Numeracy 	Social-Emotional Skills: <ul style="list-style-type: none"> • Collaboration • Communication • Goal-Setting • Planning and Carrying Out Investigations • Identifying and Solving Problems • Self-Discipline
A Power Hour Resource Guide, Common Core Aligned Activity Books, program materials and an introductory video are available at BGCA.net/PowerHour .	

Money Matters: Make It Count

Money Matters: Make It Count promotes behavior-changing financial education to help teens get on the path toward budgeting, saving and investing, planning for postsecondary education, and financial freedom. The program equips teens to make wise financial decisions throughout their lives and invest in themselves and their futures. The updated Money Matters Targeted Program will be released in winter 2019-20.

Targeted Program	Academic Success
Designed for ages 13-18	15 sessions, 45-90 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Financial Literacy • Literacy • Self-Advocacy • Analyzing and Interpreting Information • Postsecondary Awareness 	Social-Emotional Skills: <ul style="list-style-type: none"> • Impulse Control • Planning • Evaluating • Goal Setting • Identifying and Solving Problems
The Money Matter Facilitator’s Guide, Teen Guide, Reality Store program materials, and access to the \$ky Game are available on BGCA.net/MoneyMatters .	

Project Learn

Project Learn is a comprehensive Academic Success strategy in which Clubs cultivate a love of learning through partnerships, academic support and High-Yield Activities throughout the Club.

Initiative	Academic Success
Subject-Specific Skills: <ul style="list-style-type: none"> • Critical Thinking • Asking Questions • Love of Learning • Thinking About Thinking • Literacy • Numeracy 	Social-Emotional Skills: <ul style="list-style-type: none"> • Communication • Collaboration • Identifying and Solving Problems • Academic Self-Efficacy
A Project Learn User’s Guide and Native Adaptation training deck are available at BGCA.net/Programs/Pages/Project-Learn.aspx .	

Summer Brain Gain

Summer Brain Gain offers more than six weeks of developmentally appropriate project-based learning designed to prevent summer learning loss. The program materials include classic project-based learning as well as modules with a STEM or literacy focus. Summer Brain Gain was last updated in 2019.

Foundational Targeted Program	Academic Success
Designed for ages 6-8; 9-11; 12-18	35 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Asking Questions • Analyzing and Interpreting Information • Postsecondary Awareness • Designing and Constructing Explanations • Literacy • Career Awareness • Creativity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Communication • Collaboration • Goal Setting • Identifying and Solving Problems • Planning and Carrying Out Investigations • Recognizing Strengths • Identifying Emotions
The Summer Brain Gain program materials for each age group, training materials and supporting resources are available at BGCA.net/SummerBrainGain .	

Ultimate Journey

Ultimate Journey engages youth ages 9-13 in fun, experiential, environmental education. The program cultivates awareness and appreciation for the natural world. This includes ecological stewardship and flexible activities appropriate for urban, rural, military and native communities. Ultimate Journey was last updated in 2018.

Targeted Program	Academic Success
Designed for ages 9-13	27 sessions, 50 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Asking Questions • Planning and Carrying Out Investigations • Recognizing Strengths 	Social-Emotional Skills: <ul style="list-style-type: none"> • Collaboration • Identifying and Solving Problems • Evaluating • Ethical Responsibility

The Ultimate Journey Facilitator's Guide is available at BGCA.net/UltimateJourney. It explains the program's alignment with Next Generation Science Standards and Common Core Standards. It also includes a master supply list and a certificate of completion. Ultimate Journey activities are available on MyFuture at MyFuture.net/Ultimate-Journey.

Health and Wellness

Health and Wellness programs focus on building the physical, social and emotional wellness of youth. These programs provide opportunities to build the foundational skills of developing relationships, regulating emotions and solving problems. These programs also focus on building health promotion skills, such as communication and decision making, through exploring a range of health topics and behaviors, including substance use, sexual behavior and violence. Targeted Programs and High-Yield Activities in the Health and Wellness Core Program Area are linked to the Healthy Lifestyles priority outcome area.

To join a learning community focused on Health and Wellness, please use this link: bit.ly/HWGroup.

Be A STAR

BGCA has joined WWE and the Yale Center for Emotional Intelligence to participate in Be A STAR, WWE's bullying prevention initiative. Its mission is to encourage young people to treat each other with respect through education and grassroots initiatives. The Be A STAR program, focused on social-emotional skills, gives youth the tools they need to enhance their learning, decision-making, creativity, relationships and mental health.

Curated Targeted Program	Healthy Lifestyles
Designed for Ages 11-13	

Be There Grief and Bereavement Initiative

Unfortunately, grief is an all too familiar experience for many young people. The Be There initiative helps Club staff build supportive relationships and integrate best practices to help youth experiencing bereavement and other life-altering losses. Be There provides trainings, resources and strategies to support youth, staff and families who are grieving. Find a three-hour training, podcast series, the Be There Toolkit and other helpful resources to help grieving youth [at BGCA.net/BeThere](https://BGCA.net/BeThere).

Initiative	Healthy Lifestyles
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Disability Inclusion Initiative

Boys & Girls Clubs of America has partnered with disability inclusion experts to develop trainings, technical assistance for staff, and Club-specific tools and resources. The support resources help ensure youth with disabilities are included, and they improve the overall Club Experience for all youth. Find the Serving Youth With Autism Toolkit, a disability inclusion webinar series, and resources developed by experts within youth disability inclusion at BGCA.net/Inclusion.

Initiative	Healthy Lifestyles
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LGBTQ Inclusion Initiative

The goal of the LGBTQ Inclusion Initiative is to increase Boys & Girls Clubs' capacity to provide a safe, positive and inclusive environment for youth, teens, staff and families of all sexual orientations, gender identities and gender expressions. Support from BGCA includes trainings, technical assistance for staff, and Club-specific tools and resources. This effort emphasizes BGCA's commitment to emotional safety.

Initiative	Healthy Lifestyles
Find the Serving LGBTQ Youth Toolkit, webinars and resources from experts in LGBTQ youth inclusion at BGCA.net/Inclusion .	

Opioid and Substance Use Prevention Initiative

The Opioid and Substance Use Prevention guide was developed in collaboration with the Partnership for Drug-Free Kids. The guide includes prevention strategies, tools, and resources tailored to Boys & Girls Clubs. It is organized in sections for working with staff, youth, families and communities. Download the entire Opioid and Substance Use Prevention Guide, as well as tools and templates you can modify to support your Club's substance use prevention work, at BGCA.net/Programs/Pages/Substance-Use-Prevention.aspx.

Initiative	Healthy Lifestyles
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Positive Club Climate: Teen Project

Creating a positive Club climate is an important practice for both staff and members to feel emotionally safe. Boys & Girls Clubs frontline staff play a critical role in creating an environment that is safe and supportive. Together with our key partners, Clubs are working to build a pro-kindness and anti-bullying movement, aimed at empowering a culture of kindness and encouragement among youth.

High-Yield Activity Guide	Healthy Lifestyles
Designed for ages 13-18	5 sessions
Subject-Specific Skills: <ul style="list-style-type: none">• Positive View of the Future• Positive Peer Influence	Social-Emotional Skills: <ul style="list-style-type: none">• Self-Efficacy• Perseverance• Peer Relationships• Identifying Emotions• Stress Management• Identifying and Solving Problems
Tools and resources to create a Positive Club Climate can be found at BGCA.net/ClubClimate .	

Passport to Manhood

Passport to Manhood is designed for boys between the ages of 8-17. Each Passport to Manhood session focuses on a specific aspect of manhood through highly interactive activities. Passport to Manhood represents a targeted effort to engage young men in discussions and activities that reinforce positive behavior. Passport to Manhood was last updated in 2013.

Targeted Program	Healthy Lifestyles
Designed for ages 8-17	14 sessions, 45 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Positive View of the Future • Resistance Skills • Media Literacy • Positive Health Beliefs • Positive Peer Influence 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Peer Relationships • Identifying Emotions • Identifying and Solving Problems
Information about Passport to Manhood, the full program and passport template can be found at BGCA.net/Passport .	

SMART Girls

The SMART Girls program includes foundational program materials and additional resources for girls between the ages of 8-18. SMART Girls focuses on guiding girls in developing and adopting a healthy attitude and lifestyle, as well as acquiring and maintaining a positive self-concept, positive peer relationships and sound decision-making skills. Girls earn badges as they complete and master each session. SMART Girls was last updated in 2014.

Targeted Program	Healthy Lifestyles
Designed for ages 8-18	10 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Health Communication • Positive View of the Future • Resistance Skills • Media Literacy • Positive Health Beliefs • Positive Peer Influence 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Perseverance • Peer Relationships • Identifying Emotions • Stress Management • Identifying and Solving Problems
Find the full program, teen discussion guides and more at BGCA.net/SMARTGirls .	

Taking a Club-wide Approach to Healthy Eating

This healthy eating resource guide is full of promising practices, quick tips, and tools and resources to help improve the nutrition and overall wellness of Club staff and members. This resource can be found at BGCA.net/Wellness.

Toolkit	Healthy Lifestyles
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SMART Moves

SMART Moves is a health promotion program suite made up of the following three programs:

- SMART Kids for children ages 6-9
- Start SMART for youth ages 10-12
- Stay SMART for teens ages 13-15

SMART Moves is written to build knowledge, attitudes and skills that increase healthy decision-making. Components of the program discuss several risk behaviors common among teens, including tobacco, alcohol and other substances, as well as sexual health.

Targeted Program	Healthy Lifestyles
Designed for ages 6-15	10 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Health Communication • Positive View of the Future • Resistance Skills • Media Literacy • Positive Health Beliefs • Positive Peer Influence 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Peer Relationships • Identifying Emotions • Impulse Control • Stress Management • Identifying and Solving Problems
The full program, a Native adapted program and other resources can be found at BGCA.net/SMARTMoves .	

SMART Leaders

SMART Leaders is a booster program to SMART Moves. This program keeps teens involved in the SMART Moves program after Stay SMART, reinforces skills and knowledge youth learned, and prepares them to lead their peers to make smart choices about substance use, tobacco and sexual activity. SMART Leaders was last updated in 2010.

Targeted Program	Healthy Lifestyles
Designed for ages 16-18	8 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Health Communication • Positive View of the Future • Resistance Skills • Media Literacy • Positive Health Beliefs • Positive Peer Influence 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Peer Relationships • Identifying Emotions • Impulse Control • Stress Management • Identifying and Solving Problems
The full program can be found at BGCA.net/SMARTMoves .	

Leadership and Service

Programs in this core area build leadership with self, leadership with others, and leadership within the community. They give youth the confidence and abilities to create meaningful change in their world. Targeted Programs and High-Yield Activities in the Leadership and Service Core Program Area are linked to the Good Character and Citizenship priority outcome area.

Go to the Leadership and Service Learning Community to join a learning community specific to the Leadership and Service Core Program Area.

Youth of the Year Suite: Youth of the Month

The Youth of the Year Suite responds to the growing demand for resources that cultivate essential 21st-century skills for youth leaders. Youth of the Month, the entry point into the Youth of the Year Leadership experience, provides an opportunity for young people to showcase their leadership ability and be recognized among their peers. Youth of the Year was last updated in 2016.

Targeted Program	Good Character and Citizenship
Designed for ages 6-18	12 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none">• Self-Awareness• Self-Advocacy• Communication• Conflict Management• Social Responsibility	Social-Emotional Skills: <ul style="list-style-type: none">• Goal Setting• Inclusion• Collaboration With Youth and Adults• Evaluation• Perspective Taking• Empathy
The Youth of the Year Program Suite has a corresponding Leadership Journal available at BGCA.net/YOYSuite . In addition to the Program Suite, seven learning modules are available on MyFuture at MyFuture.Net/Leadership .	

Youth of the Year Suite: Junior Youth of the Year

The Youth of the Year Suite responds to the growing demand for resources that cultivate essential 21st-century skills for youth leaders. Junior Youth of the Year offers training and practice for youth who are developing their leadership skills. Youth of the Year was last updated in 2016.

Targeted Program	Good Character and Citizenship
Designed for ages 10-13	4 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation • Perspective Taking • Empathy
The Youth of the Year Suite has a corresponding Leadership Journal available at BGCA.net/YOYSuite . In addition, seven learning modules are available on MyFuture at MyFuture.Net/Leadership .	

Youth of the Year Suite: Youth of the Year

The Youth of the Year Suite responds to the growing demand for resources that cultivate essential 21st-century skills for youth leaders. This leadership development program includes hands-on activities that explore topics such as identity, passion, personal branding, voice, teamwork and goal setting, as well as activities to prepare youth for the Youth of the Year selection process. Youth of the Year was last updated in 2016.

Targeted Program	Good Character and Citizenship
Designed for ages 14-18	4 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation • Perspective Taking • Empathy
The Youth of the Year Suite has a corresponding Leadership Journal available at BGCA.net/YOYSuite . In addition to the program suite, seven learning modules are available on MyFuture at MyFuture.Net/Leadership .	

Service Activity Guides

Clubs are encouraged to engage every member in at least one hour of service each year. If one million of our members gave one hour per year, it would add up to young people spending one million hours making meaningful change in their communities. Throughout the year, there are eight Signature Service Opportunities. These are times when the entire Boys & Girls Club Movement comes together around important, nationwide service projects for greater impact. The Youth Service Activity Guide and the MMHS Service Recipe Guide Volumes I and II will help Club staff guide youth in service opportunities fueled by their passions.

High-Yield Activity Guides	Good Character and Citizenship
Designed for ages 6-18	65 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation • Perspective Taking • Empathy
All Activity Guides can be found at BGCA.net/Service .	

Teens Take the Lead

Teens Take the Lead is a Targeted Program in service-learning. The process outlined in the guide can also be used to plan and enhance service projects for Torch Club, Keystone, Youth of the Year and Million Members Million Hours of Service programs. Designed for teens but adaptable for younger youth, the fun, highly interactive process puts youth at the center of their own learning – whether it’s discovering personal passions, identifying community needs, designing service projects, or engaging members to foster change.

Targeted Program	Good Character and Citizenship
Designed for ages 10-18	10 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation
The Teens Take the Lead Guide – which includes forms, checklists and supporting resources for youth and staff – can be found at BGCA.net/Service .	

Keystone Advisor’s Manual and National Project Guide

Keystone is the Boys & Girls Club Movement’s most dynamic teen program, and it provides youth with valuable leadership and service experiences. Teens conduct activities in three areas: academic success, career exploration and community service. This program is part of a multi-year teen initiative that provides Clubs with tools and resources to create a positive place for teens as well as youth. Keystone was last updated in 2019.

Resource Guide	Good Character and Citizenship
Designed for ages 14-18	
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation
The Keystone Advisor’s Manual provides youth and staff with everything needed to form, launch, charter and lead a successful Keystone Club. A National Project topic is selected every two years for project development. National Program and Project Guides can be found at BGCA.net/Keystone .	

Torch Club

Torch Clubs are chartered, small-group leadership and service clubs. Torch Club members learn to elect officers and work together to implement activities in the following four areas: service to Club and community, education, health and fitness, and social recreation. Each year, Torch Club members from all over the country take part in a service-learning experience through the National Torch Club Project. Torch Club was last updated in 2019.

Targeted Program	Good Character and Citizenship
Designed for ages 10-13	12 sessions, 45-60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Youth and Adults • Evaluation • Empathy • Perspective Taking
In addition to the Targeted Program sessions, the Torch Club Program and Advisor’s Manual includes supporting forms, and resources and tools needed to design a community service project, recruit members and lead a successful Torch Club. Torch Club resources can be found at BGCA.net/TorchClub .	

Sports and Recreation

Programs in this Core Program Area promote physical health by providing low-risk settings for members to explore moving their bodies and eating healthy foods. These playful experiences build movement and food skills. Members develop positive attitudes toward physical activity and healthy eating to support a lifetime of healthy decisions. Targeted Programs and High-Yield Activities in the Sports and Recreation Core Program Area are linked to the Healthy Lifestyles priority outcome area.

NFL Flag

NFL Flag is available in designated markets. It is focused on getting more girls and teens to play flag football. Coach, referee, parent, safety and rules training and resources are available; in addition to programs for elementary and middle school-aged youth.

Curated Targeted Program	Healthy Lifestyles
Designed for ages 6-14	10 sessions, 40 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Locomotor Skills • Physical Fitness • Object Control • Tactical Skills 	Social-Emotional Skills: <ul style="list-style-type: none"> • Teamwork • Impulse Control • Identifying and Solving Problems • Perseverance • Peer Relationships
Resources supporting NFL Flag Football can be found at nfflag.com/Resources .	

Jr. NBA/WNBA

Jr. NBA is the official youth basketball participation program of the NBA. It provides coaches with resources to improve the overall youth basketball experience for all participants. Jr. NBA aims to develop a lifelong passion for the game of basketball in boys and girls by teaching the fundamentals of the sport while instilling core values.

Curated Targeted Program	Healthy Lifestyles
Designed for ages 6-14	12 sessions, 60 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Locomotor Skills • Physical Fitness • Object Control • Tactical Skills 	Social-Emotional Skills: <ul style="list-style-type: none"> • Teamwork • Impulse Control • Identifying and Solving Problems • Perseverance • Peer Relationships
A website and mobile app with all 48 practice plans are available at jr.nba.com/ .	

Soccer for Success

Soccer for Success is an after-school program proven to help kids develop healthy habits and critical life skills. Trained coach-mentors play soccer with and engage youth for 60-90 minutes each session, while creatively teaching nutrition education and critical life skills. Family engagement is also key.

Curated Targeted Program	Healthy Lifestyles
Designed for ages 6-14	36 sessions, 90 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Locomotor Skills • Physical Fitness • Object Control • Tactical Skills 	Social-Emotional Skills: <ul style="list-style-type: none"> • Teamwork • Impulse Control • Identifying and Solving Problems • Perseverance • Peer Relationships
Program materials can be found at mobile.soccerforsuccess.com .	

Triple Play Daily Challenges

This progressive program focuses on building movement skills and positive attitudes about physical activity. The program consists of 32 diverse games, cooperative activities and sports to develop a young person’s ability, confidence and motivation to be physically active. Triple Play was last updated in 2019.

Targeted Program	Healthy Lifestyles
Designed for ages 6-9, 10-12, 13-18	32 sessions, 50 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Locomotor Skills • Physical Fitness • Acrobatic Skills • Object Control • Tactical Skills 	Social-Emotional Skills: <ul style="list-style-type: none"> • Confidence • Goal Setting • Teamwork • Impulse Control • Identifying and Solving Problems • Peer Relationships • Adult Relationships
Information and resources supporting Daily Challenges are available at BGCA.net/TriplePlay .	

Triple Play Healthy Habits

Healthy Habits focuses on helping youth make healthy eating choices. The program consists of practical activities that develop a young person’s skill, confidence and motivation to make healthy nutritional choices throughout life. Triple Play was last updated in 2019.

Targeted Program	Healthy Lifestyles
Designed for ages 6-9, 10-12, 13-18	14 sessions, 50 minutes each
Subject-Specific Skills: <ul style="list-style-type: none"> • Choosing Food • Preparing Food • Planning Food 	Social-Emotional Skills: <ul style="list-style-type: none"> • Identifying Emotions • Impulse Control • Stress Management
Information about Healthy Habits is available at BGCA.net/TriplePlay .	

Triple Play Social Recreation

Social Recreation is a social-emotional learning program that builds the skills a young person needs to make healthy choices. The program consists of six thematic units of five sessions each that develop a young person’s relationship with themselves, relationship with others, emotional regulation skills and responsible decision-making skills. Triple Play was last updated in 2019.

Targeted Program	Healthy Lifestyles
Designed for ages 6-9, 10-12, 13-18	30 sessions, 50 minutes each
	Social-Emotional Skills: <ul style="list-style-type: none"> • Relationship Building • Teamwork • Identifying Emotions • Empathy • Impulse Control • Identifying and Solving Problems • Stress Management • Perseverance • Self-Efficacy
Information about Social Recreation is available at BGCA.net/TriplePlay .	

PLAY BALL

Major League Baseball and USA Baseball launched PLAY BALL in June 2015. This significant initiative encourages widespread participation in all forms of baseball activities among all age groups, especially youth. PLAY BALL highlights many ways youth ages 6-8 can play baseball or softball, including outside of traditionally organized leagues and tournaments. Youth play catch, stickball and whiffle ball games to participate in skills competitions like “Pitch, Hit & Run.” Resources can be found at BGCA.net/PlayBall.

Initiative	Healthy Lifestyles
Designed for ages 6-8	

ALL STARS

ALL STARS is an organized sports league program funded by Buffalo Wild Wings for youth ages 6-18. It provides coaches with training, equipment and uniforms for basketball, flag football and soccer. The goal of ALL STARS is to give all Club youth the opportunity to build physical literacy as they participate on a sports team and, most importantly, have fun. Access ALL STARS coaches' resources at BGCA.net/ALLSTARS.

Initiative	Healthy Lifestyles
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Capacity-Building Resources

The following resources extend beyond a single Core Program Area. They are designed to help Clubs build overall capacity and increase program quality.

Club Experience Blog

The Club Experience Blog highlights Club stories, promising practices and learning opportunities. It can be found at [ClubExperience.blog/](https://clubexperience.blog/).

Club Technology Planning Guide

The Club Technology Planning Guide is designed to help Clubs assess their current network engineering, equipment, policies, safety, information security, funding, personnel and training concerning technology. The guide then supports planning and improvement related to each aspect of the assessment. Download the Club Technology Planning Guide and other supporting resources from BGCA.net/Technology.

Continuous Quality Improvement (CQI) Toolkit

CQI is an ongoing process of Clubs using data to assess their programs and develop improvement plans. Clubs then implement their plans, assess progress and develop a plan to improve. Critically, these plans include ongoing professional development for staff. Our goal is to provide high-quality experiences for youth and staff, now and in the future. CQI is how we'll get there. BGCA has partnered with the David P. Weikart Center for Program Quality to develop a CQI system specifically for Clubs, based on the Weikart Center's evidence-based Youth Program Quality Intervention. Access the toolkit at cqitoolkit.org/.

Local Funding Toolkits

Local Funding Toolkits are fully customizable templates Clubs can use when seeking funds for high-quality youth development program strategies. A Local Funding Toolkit includes a self-assessment, which is used to identify both key strengths and growth areas to address a pressing youth trend or need. Additionally, toolkits include a customizable funding proposal and a pitch deck. Visit BGCA.Net/Program/Pages/Funding.aspx to download local funding toolkits that support each of the following strategies: Disability Inclusion, LGBTQ Inclusion, Substance Use Prevention, STEM, Sports Participation, Social-Emotional Skill Development and Summer Learning.

Workforce Development Implementation Guide

The Workforce Development Implementation Guide helps Club professionals as they lead youth down the path to career success. The guide outlines how to build local workforce development initiatives in your Club. This guide – which includes an assessment, resources, templates and recommendations for launching a workforce development program – can be found at BGCA.net/Teens.