

TEEN PROGRAMS

Getting Teens Interested and Active!

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Youth of the Year—Youth of the Year is BGCA's premier youth recognition program for Club members. All members can benefit from participation in this program, which promotes and celebrates service to Club, community and family; academic performance; moral character; life goals; and poise and public speaking ability. The Youth of the Year program is most effective when used as a year-round tool for fostering young people's character, personal growth and leadership qualities.

TEENSupreme® Keystone Clubs—Keystoning is the Boys & Girls Club Movement's most dynamic teen program. Keystone Clubs are chartered leadership and service clubs for boys and girls ages 14-18. Keystoners elect officers and implement activities in six areas: service to Club and community, character and leadership development, education and career exploration, unity, free enterprise and social recreation. Keystone Club members and their advisors can be nominated to steering committees that organize regional and national TEEN-Supreme Keystone Conferences attended by thousands of Keystoners each year.

Goals for Graduation—Goals for Graduation, a Project Learn program, introduces academic goal setting to Club members ages 6-15 by linking their future aspirations with concrete actions today. In a variety of one-on-one, small-group and large-group sessions with Club youth development professionals, members set achievable "Know-I-Can" Goals, more challenging "Think-I-Can" Goals and yearly "Believe-I-Can" Goals. Members create an action plan with daily and weekly goals leading to short- and long-term academic gains. A comprehensive guidance strategy helps members connect their smallest results to their highest dreams. An encouraging recognition strategy buoy members as their successes are recognized and supported at every step of their journey.

Dragonfly Quest—Dragonfly Quest shows Club members ages 10-15 how to conduct their own investigations using the scientific method. The program provides strategies, tips and resources to help facilitators introduce the scientific method to members, including how to make observations, ask questions, make predictions, and create action plans, collect data and share results.

Money Matters: Make It Count— promotes financial responsibility and independence among Club members ages 13-18 by building their basic money management skills. Participants learn how to manage a checking account, budget, save and invest. They also learn about starting small businesses and paying for college. Money Matters features three components. The Teen Personal Finance Guide is a fun, attractive booklet containing practical tips and activities to help teens learn the important skills of balancing a checkbook, creating a budget and saving and investing for college and retirement.

CareerLaunch— CareerLaunch encourages Club members ages 13-18 to assess their skills and interests, explore careers, make sound educational decisions and prepare to join our nation's ever-changing work force. Club staff or volunteers can use the Career Exploration Quick Reference Guide to work with teens individually or in small groups to build their job-search skills and job readiness. CareerLaunch Teen Tips is an easy-to-read, pocket-sized booklet for teens full of practical job-hunting advice that comes with an attractive portfolio for storing resumes, job applications and other job-hunting documents.

Job Ready!-JOB READY! prepares Club members ages 16-18 with specific skills to secure employment and be successful in the world of work. Using the comprehensive program materials and assessment tools that JOB READY! Provides, Club staff can tailor the program to meet their members' particular needs. Teens learn how to identify job opportunities, write effective resumes, perform well in interviews, dress appropriately, develop good work habits and get along well with others in the workplace.

CLUBService—This program, the result of a partnership between Boys & Girls Clubs of America and the Corporation for National and Community Service (AmeriCorps), provides education awards to Club members ages 17 and 18 and Club alumni ages 19-24 who serve their Clubs and communities. CLUBService recognizes young people's service, helps them access higher education opportunities and encourages them to pursue future careers as Club professionals.

Junior Staff Career Development—is a comprehensive small-group program designed to guide youth toward careers in youth development or human services by nurturing their leadership skills and providing guided, practical experiences. While a career in human service may not be appropriate for all Boys & Girls Club members, staff will at a minimum guide the development of interested and concerned youth toward volunteer involvement in community service activities.

SMART Moves (Skills Mastery and Resistance Training) - This nationally acclaimed comprehensive prevention program helps young people resist alcohol, tobacco and other drug use, as well as premature sexual activity. The program features engaging, interactive small group activities designed to increase participants' peer support, enhance their life skills, build their resiliency and strengthen their leadership skills. This year-round program encourages collaborations among Club staff, youth, parents and representatives from other community organizations.

Act SMART—Developed as a joint project between Boys & Girls Clubs of America and the American Red Cross, Act SMART is an HIV/AIDS prevention program designed for Club members ages 6-17.

Cavity-Free Zone—Cavity-Free Zone program was developed in response to the recent U.S. Surgeon General's report on oral health, which revealed a silent epidemic of oral disease in America, especially among disadvantaged youth. Cavity-Free Zone, underwritten by Crest, aims to improve the oral health of Club members nationwide. Through program materials and a Web site to educate youth (ages 6-18) about oral health and collaborative efforts with local dental schools, dental societies and other health care agencies, Cavity-Free Zone will be a catalyst for change in providing dental services to disadvantaged youth.

SMART Girls—An outgrowth of the popular SMART Moves program, SMART Girls is a health, fitness, prevention/education and self-esteem enhancement program for girls ages 8-17. The program focuses on issues specific to female Club members and is designed to encourage healthy attitudes and lifestyles that will enable those members to develop to their full potential.

Passport to Manhood—This program promotes and teaches responsibility and reinforces positive behavior in male Club members ages 11-14. Passport to Manhood consists of 14 small-group sessions, each of which concentrates on a specific aspect of manhood through highly interactive activities.

ImageMakers: National Photography Program and Contest—This year-round program and annual contest, both sponsored by Circuit City Foundation, encourage girls and boys ages 6-18 to learn and practice black and white, color and digital process photography. The ImageMakers National Photography Contest provides local, regional and national recognition.

Fine Arts Exhibit Program—This year-round program encourages artistic expression among Club members aged 6-18 through drawing, painting, print making, collage, mixed media and sculpture displayed at local and regional exhibits. A panel of distinguished judges selects works for inclusion in the National Fine Arts Exhibit, which debuts at BGCA's National Conference and is displayed throughout the ensuing year.

BGCA created **FITNESS AUTHORITY** to reverse the increasing rate of obesity and lack of regular physical activity among America's children and teens. The program, supported by The Sports Authority, Inc., will help motivate even unfit Club members to set personal fitness goals and increase their activity levels. Three age-appropriate curricula guide Club staff in creating positive fitness experiences for members.

NikeGo Afterschool—45 minute daily activities implemented for youth ages 8-18. This regime is to help get youth in the habit...second nature to exercise each day. This was designed in partnership with the SPARK program. Teens are the perfect peer leaders for this program.

Triple Play—Incorporates Mind, Body and Soul to help youth achieve an overall sense of physical and mental health.

T.R.A.I.L.—Together Raising Awareness in Indian Life-Teens acts as peer leaders in this diabetes prevention program.