



BOYS & GIRLS CLUBS
OF NEWARK

PROGRAM DESCRIPTIONS





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CHARACTER & LEADERSHIP DEVELOPMENT

These programs empower youth to support and influence their Club and community, sustain meaningful relationships with others, develop a positive self-image, participate in the democratic process and respect their own and others' cultural identity.

YOUTH OF THE YEAR

Youth of the Year is BGCN's premier youth recognition program for Club members. The Youth of the Year program celebrates service to Club, community and family; academic performance; moral character; life goals; poise and public speaking ability. Each of our Units recognizes members ages 14-18 who have displayed these characteristics. A Youth of the Year is then chosen for all of Newark and is awarded an academic scholarship. BGCN's Youth of the Year competes in the Boys & Girls Clubs of New Jersey's state competition and has the potential to move on to regional and national competitions. The National Youth of the Year is installed by the President of the United States in the Oval Office of the White House.

YOUTH OF THE MONTH

Each month, the staff selects a Youth of the Month for their participation in Club programs, academic achievement, community service and the demonstration of strong moral character. Teens who are selected as the Youth of the Month automatically qualify for the Youth of the Year competition at their Club.

KEYSTONE CLUB

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 Keystone Conferences attended by thousands of Keystoners each year. Each year, Keystoners develop a National Keystone Project. The combined action of hundreds of local Keystone Clubs results in a service project with a national scope.

TORCH CLUB

Torch Clubs are charter small-group leadership and service clubs for boys and girls ages 11-13. A Torch Club is a powerful vehicle through which Club staff can help meet the special character development needs of younger adolescents at a critical stage in their development. Torch Club members learn to elect officers and work together to implement activities in four areas: service to Club and community, education, health and fitness and social recreation. The Staples National Torch Club Awards are presented annually to Torch Clubs with outstanding program and activities in the four areas. Each year, Torch Club members from all over the country take part in a service-learning experience through the National Torch Club Project. Staples Foundation for Learning, Inc. and Staples, Inc. sponsor the Torch Club program.

TEEN LEADERSHIP ACADEMY (TLA)

This select program is for Club members who are looking to develop the leadership skills needed to be successful in school and their community. Members are chosen for this program through a rigorous application process. TLA offers preparation for high school and college, challenges Club members to serve on their student council, increases community service and prepares Youth of the Year candidates. This program also encourages participation and leadership in youth groups, Keystone Clubs and Torch Clubs. Participants are exposed to business and community leaders, guest speakers, leadership workshops, group discussions and college-level reading assignments.

EDUCATION & CAREER DEVELOPMENT

These programs enable youth to become proficient in basic educational disciplines, apply learning to everyday situations and embrace technology to achieve success in a career.

PROJECT LEARN

Project Learn enhances the skills young people learn at school through “high-yield learning activities” at the Club. The program also encourages collaborations between Club staff, parents and teachers. This program emphasizes leisure reading, writing activities, discussions with adults, homework help and games like Scrabble® which help develop cognitive skills. Formally evaluated by Columbia University, Project Learn has been proven to boost the academic performance of Club members.

GOALS FOR GRADUATION

Goals for Graduation, a Project Learn resource, introduces academic goal-setting to Club members ages 6-15 by linking their future aspirations with concrete actions today. In goal-setting 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 gains. A comprehensive guidance strategy helps members connect their smallest results to their highest dreams. An encouraging recognition strategy buoys members as their successes are recognized and supported at every step of their journey.

POWER HOUR

A comprehensive homework help and tutoring program, POWER HOUR is designed to raise the academic proficiency of Club members, helping them become more successful in school.

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. The dynamic CareerLaunch website provides Club teens, staff and volunteers with online career exploration, college and job search information and interactive activities.

MONEY MATTERS

Money Matters 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. The Facilitator's Guide provides Club staff and volunteers with basic financial information and instructions for easy-to-implement small-group activities. The Money Matters website, offers teens an engaging online tool for building their money management knowledge through interactive activities, games and tools like a savings and financial aid calculator to plan for college.

ULTIMATE JOURNEY

This internationally recognized, award-winning environmental education program leads Club members ages 6-12 on a fun-filled journey into the beautiful and amazing world of plants and animals. Through participation in games, crafts and discovery-based activities, young people develop an awareness of the environment, acquire a better understanding of how human actions affect nature, reinforce math and science skills and learn about conservation of our natural resources.

JR. STAFF CAREER DEVELOPMENT

Junior Staff Career Development is a comprehensive, small-group program that assists Club members ages 11-18 in exploring a career in youth or human services, particularly Boys & Girls Club work. Through hands-on experiences with helping others in the Club and community, field trips to other service organizations and one-on-one guidance from Club staff, youth prepare for a future role as a human services professional or a volunteer leader in their community.

HEALTH LITERACY

The Health Literacy Program employs trained teen mentors to provide weekly one-on-one reading assistance to Club members ages 6-10. Through the use of age-appropriate stories on health-related topics, this program aims to increase participants' understanding of the importance of healthy behaviors, while strengthening reading comprehension and vocabulary skills.

ENVIRONMENTAL PROTECTION

With help from Rutgers University students, Club members learn about the environment, energy conservation and recycling. Teen members join Rutgers students in the community, helping to provide energy conservation tips to other agencies.

MYACCESS

This award-winning, web-delivered writing instructional tool helps students improve their writing skills and scores on high-stakes writing tests. The online software tool grades essays instantly using IntelliMetric™ automated essay scoring technology, providing teachers and students with immediate diagnostic and holistic feedback. This frees the education coordinators for targeted instruction and motivates members to revise their essays and build their writing skills.

CLUB TECH

Through Club Tech, Clubs receive a comprehensive package of the latest Microsoft products. Technology programs teach members basic computer skills and introduce them to the creative side of technology through digital movie making, music making, photography, graphic design and Web development. Club Tech also places an emphasis on the importance of Internet safety.

HEALTH & LIFE SKILLS

These programs develop each member's ability to engage in positive behavior, set personal goals and develop skills that nurture a sense of well being and lead to living successfully as a self-sufficient, contributing adult.

PASSPORT TO MANHOOD

Passport to Manhood promotes and teaches responsibility in Club boys ages 11-14. Passport to Manhood consists of 14 sessions, each of which concentrates on a specific aspect of manhood through highly interactive activities. Each Club participant receives his own "passport" to underscore the notion that he is on a personal journey of maturation and growth. Passport to Manhood represents a targeted effort to engage young boys in discussions and activities that reinforce positive behavior.

YOUTH FOR UNITY

Youth for Unity provides parents, teens and youth ages 6-12 with a foundation of activities that help them better understand diversity and offers ways to combat prejudice and discrimination.

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. SMART Moves features engaging, interactive, small-group activities that increase participants' peer support, enhance their life skills, build their resilience and strengthen their leadership skills. This year-round program encourages collaborations among Club staff, youth, parents and representatives from other community organizations. The program's components are: SMART Kids for ages 6-9, Start SMART for ages 10-12, Stay SMART for ages 13-15 and SMART Parents.

SMART GIRLS

An outgrowth of the popular and effective SMART Moves program, SMART Girls is a program designed to meet the developmental needs of girls ages 8-12 and 13-17. This prevention/education program encourages healthy attitudes and lifestyles that enable girls to develop to their full potential. SMART Girls enhances self-esteem and builds skills for eating right, staying fit, getting good health care and developing positive relationships with peers and adults. Through dynamic sessions, highly participatory activities, field trips and mentoring opportunities, Club girls examine societal attitudes and learn to develop their own set of values.

STREET SMART

Street SMART is a prevention program that teaches youth ages 11-15 about gang awareness, helping them avoid gang activity, resolve conflicts and become positive influences for peers.

TRIPLE PLAY HEALTHY HABITS

Empowering youth to eat right is a generation-changing, life-enhancing program goal, and Triple Play's nutrition component, Healthy Habits, covers the power of healthy choices and helps Club members learn about calories, vitamins and minerals, the food pyramid and appropriate portion sizes.

THE ARTS

Programs in this area enable youth to develop their creativity and cultural awareness through knowledge and appreciation of the visual arts, crafts, performing arts and creative writing.

IMAGEMAKERS: PHOTOGRAPHY

This year-round program encourages Club members ages 6-18 to learn and practice black-and-white, color, digital and alternative process photography. ImageMakers has three components: a photography programming resource guide full of fun, creative activity ideas for three skill levels; small grants for Clubs to start or strengthen photography programs; and an annual photography contest that provides local, regional and national recognition. Club members' photographs selected at the contest's national level are exhibited at the BGCA National Conference and at other events and venues. Winners in the portfolio category receive college scholarships.

TURNING THE TABLES ON VIOLENCE: DJ PROGRAM

This program for teens teaches youth ages 13-18 how to "spin" records as a DJ. The main focus of the program is to prevent youth violence through artistic creativity. Participants work with a local DJ twice a week, learning the skills necessary to become a DJ. During these weekly sessions, local law enforcement officials meet with the participants and talk with them about avoiding negative behaviors that lead to violence.

MEDIA ARTS

For teens only, this program introduces youth ages 13-18 to video production. Participants learn about both sides of the camera – filming and production. The long-term goal of the program is to create a teen based talk show that can be aired on local cable stations.

DIGITAL PHOTO CLUB

Digital Photo Club introduces teens ages 13-18 to digital photography. Participants learn about the art of taking digital photos as well as editing them with computer software.

POD CASTING

Welcome to the new era of online technology. Club members ages twelve and above work in a soundproof studio to create their own radio shows. These shows are then published on the Internet and available for thousands of listeners across the world.

ARTS & CULTURE

Arts & Culture provides members with a host of fun, handcrafted activities that develop artistic skills and encourage creativity.

MUSIC/PIANO CLASS

Using a laptop, a USB keyboard/piano and software, youth learn the basics of playing the piano.

SPORTS, FITNESS & RECREATION

Programs in this area develop fitness, positive use of leisure time, skills for stress management, appreciation for the environment and social skills.

TRIPLE PLAY

Triple Play teaches youth how to make healthier choices. This national program takes a holistic approach to educating boys and girls about good nutrition, a daily practice of physical fitness and developing character. In addition to components for the mind and body, the Triple Play program gets at the soul of the Club experience – the Games Room. Each program component can stand alone, yet integrating them allows Club members to reap more powerful, lifelong benefits.

ACTIVITIES INCLUDE:

- Small Fry Basketball
- Lacrosse
- Street Hockey
- Table Tennis Team
- Double Dutch
- Volleyball