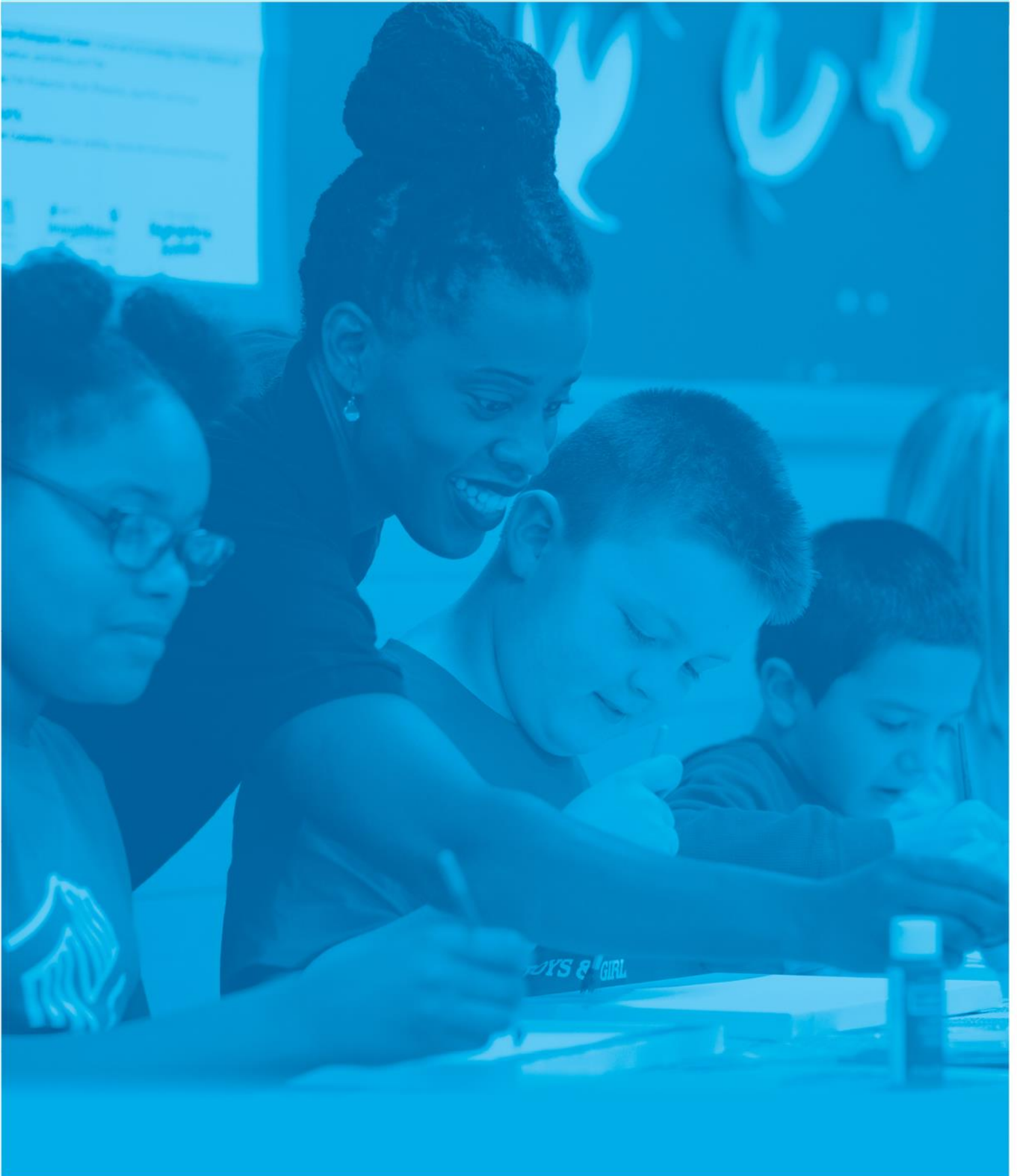




BOYS & GIRLS CLUBS

YOUTH DEVELOPMENT RESOURCE CATALOG



Overview

Boys & Girls Clubs of America (BGCA) has developed and recommended 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 the following 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 plan for programming.

Impactful programming fits into a cycle of continuous quality improvement: assess, plan, improve. Resources for each stage in that process can be used together to support intentional program planning, and guidance for using the Continuous Quality Improvement Framework is available at <https://cqitoolkit.org/>

Assess	Assess youth strengths, needs and interests through conversations with youth and staff, pulse checks, a review of NYOI data, caregiver engagement, and community needs assessments.
Plan	Plan your program schedule, using this catalog to overview program options and referencing Program Basics tools such as the BLUEprint, Planner, and Playbooks.
Improve	Improve the impact of your programming with professional development, including trainings on Spillet Leadership University, live webinars on BGCA.Net, and on-demand consultations.

Programming Snapshot

	Ages 6-9	Ages 10-12	Ages 13-15	Ages 16-18
Arts 	Youth Arts Activity Guide Media Making	Youth Arts Activity Guide Media Making	Lyricism 101 Media Making	Lyricism 101 Media Making
Education 	Power Hour Summer Brain Gain Digital Literacy Computer Science	Power Hour Summer Brain Gain Ultimate Journey Digital Literacy Computer Science DIY STEM	Power Hour Summer Brain Gain Ultimate Journey Money Matters Digital Literacy Computer Science	Power Hour Summer Brain Gain Money Matters Digital Literacy Computer Science Diplomas to Degrees Career Launch Up Next: Work- Based Learning
Health and Wellness 	SMART Moves Healthy Habits	SMART Moves SMART Girls Passport to Manhood Healthy Habits Journeys: Paths to Adulthood	SMART Moves SMART Girls Passport to Manhood Healthy Habits UPS Road Code Journeys: Paths to Adulthood	SMART Moves SMART Girls Passport to Manhood Healthy Habits UPS Road Code
Leadership and Service 	Youth of the Month Youth Service Activity Guide Youth for Unity	Youth of the Month Jr Youth of the Year Youth Service Activity Guide Youth for Unity	Keystone Torch Club Jr. Youth of the Year Youth of the Year Youth for Unity	Keystone Youth Service Activity Guide Youth of the Year Youth for Unity
Sports and Recreation 	Triple Play NFL Flag Jr NBA / WNBA Play Ball, RBI Play Breaks	Triple Play All Stars NFL Flag Jr NBA / WNBA Play Ball, RBI eSports Play Breaks	Triple Play All Stars NFL Flag Jr NBA / WNBA Play Ball, RBI eSports Play Breaks	Triple Play All Stars NFL Flag Jr NBA / WNBA Play Ball, RBI eSports Play Breaks

Resource Types

Targeted Program

A Targeted Program is a specific series of sequenced, developmentally appropriate learning experiences that staff lead for youth. As defined below, each session in a Targeted Program is designed to build subject-specific and social-emotional skills. Examples of a targeted program include Summer Brain Gain or Youth for Unity.

Catalog entries for Targeted Programs describe the program; identify the priority outcome area supported, the target age group, the number and duration of sessions; and list the subject-specific and social-emotional skills youth will build, as well as links for accessing resources related to the program. Targeted Programs support one of the following Core Program Areas: The Arts, Education, Health and Wellness, Leadership and Service, and Sports and Recreation.

A note about Partner Programs:

Occasionally, BGCA partners with external organizations to make specific programs, or program materials, available to Clubs. These are not developed by BGCA, and are called Partner Programs. Within each core program area below, Partner Programs are listed last.

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. An example of a High Yield Activity Guide is the Youth Arts High Yield Activity Guide.

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.

Capacity-Building Resource

Capacity-Building Resources help Clubs engage in continuous quality improvement and increase program quality. Many capacity-building efforts span more than one Core Program Area. Examples of a capacity building resource can be a single document, such as a Club Experience Blog post, or a large suite of resources, such as the Behavior Support Toolkit.

Initiative

An Initiative is a comprehensive, holistic approach that supports youth through a specific strategy. An example of an initiative is Workforce, Trauma-Informed approaches, or LGBTQ Inclusion. 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.

Program Delivery

BGCA programs and activities are available through the following platforms:

BGCA.net

BGCA.net is the primary launchpad for Club Staff and provides links to BGCA programs and capacity building tools and resources. This includes links to ClubPrograms, MyFuture, CQI and Behavior Support Toolkits, and other Club resources. Most of the resources referenced in this catalog can be found on BGCA.Net under “Programs and Youth Development.”

Club Programs

BGCA has recently launched Club Programs, a digital delivery platform designed to help Club professionals intuitively find, plan, and deliver youth programming. BGCA has made select program materials available, with more being added frequently. Each program description listed below will indicate whether it’s available on Club Programs.

MyFuture.net

[MyFuture](#) is BGCA’s mobile-friendly web platform that provides access to hundreds of BGCA program activities. Youth can complete MyFuture activities individually, with a friend, or in a group setting led by a facilitator. Youth earn points and badges for completing activities and can earn prizes by entering contests. With MyFuture, kids and teens can learn new skills, connect with their friends, and earn recognition and rewards in a safe and fun online environment. Staff can find guidance for getting started with MyFuture on [BGCA.net/MyFuture](#). MyFuture’s Virtual Club tab includes video-based activities led by dynamic Club professionals.

Refer to the program planning guide to determine how you wish to use MyFuture activities. Once on the MyFuture Staff Dashboard, Club staff can filter and select activities by program area and use these as either standalone high-yield activities or to supplement traditional programming.

Resources: Program Basics Suite

The BLUEprint

The BLUEprint is BGCA'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/page/ProgramBasics](https://www.bgca.net/page/ProgramBasics).

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 and fillable templates at [ProgramBasicsPlanner.com](https://www.bgca.net/page/ProgramBasicsPlanner). Now included in the Program Basics Planner are guidance and resources to support building partnerships. These include a School Partnerships Planning Guide, a Family Engagement Planning Guide, and many sample engagement templates.

Quick Tools and Playbooks

Quick Tools include community builders, attention getters, reflections, and more. They're easy to implement examples of the staff practices associated with a high quality session.

Playbooks are designed to help any Club professional create an outcome-driven Club Experience for youth in a particular space, time of day or Core Program Area. The following Playbooks are available on Club Programs at <https://www.clubprograms.org/staff-practices> (just scroll down to the bottom of the page!).

- Gamesroom
- Assemblies
- Transitions
- Gym & Field
- Outdoor Social Rec Playbook

Arts Programming Resources

The Arts (digital, visual, 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.

Lyricism 101

Lyricism 101 includes proven youth development practices and creative activities to build and expand teens’ literary skills by exposing them to the art of hip-hop, particularly ciphers. Lyricism 101 was last updated in 2017, and an updated version will be on ClubPrograms in Fall of 2023.

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 • Communication • Experimentation 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Self-Motivation • Perspective Taking • Respect for Others
Lyricism 101 can be found on Club Programs and specific activities can be found on MyFuture .	

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.

MyFuture Activities	Academic Success
Designed for Ages 6-18	54 Activities, 60 Minutes Each
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Self-Expression • Cultural Awareness • Technical Knowledge • Design Thinking • Portfolio Development • Innovation 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Collaboration With Peers and Adults • Self-Motivation • Perspective Taking
Media Making activities can be found on MyFuture .	

Visual Arts

These activities support Club Members develop skills as young artists with projects in color theory, composition, drawing, painting, mixed media and more. Visual Arts activities were updated in 2018.

High Yield Activities	Academic Success
Designed for Ages 6-18	16 Sessions, 25 – 55 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
Visual Arts offers three collections focusing on the fundamentals of visual arts, including color theory, composition, and exploratory activities that introduce a variety of art forms: collage, drawing, painting, sculpture and more. Resources can be found on ClubPrograms	

Youth Arts High-Yield Activity Guides

One-time exploratory experiences that can be implemented in any program area of the Club or Youth Center, any day of the year. Activities cover all four pillars of the arts – visual, performing, digital and applied – and support youth participation in BGCA’s National Arts Contest. Updated in 2022.

High-Yield Activity Guide	Academic Success
Designed for Ages 6-9, 10-12	16 Sessions, ages 6-9 16 Sessions, ages 10-12
Subject-Specific Skills: <ul style="list-style-type: none"> • Creativity • Collaboration With Peers and Adults • Communication • Innovation • Imagination • Self-Expression • Curiosity 	Social-Emotional Skills: <ul style="list-style-type: none"> • Critical Thinking • Self-Awareness • Self-Motivation
Guides are available on Club Programs .	

Arts Capacity-Building Resources

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/page/Arts](https://www.bgca.net/page/Arts)

Engaging and Retaining Artists in Clubs

This resource contains the process and tools needed for BGCA 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 BGCA 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/page/Arts](https://www.bgca.net/page/Arts)

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/page/Arts](https://www.bgca.net/page/Arts)

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 that community arts organizations offer. It includes case studies from three Clubs on how to partner with community arts organizations to support high-quality arts programming. It can be found at [BGCA.net/page/Arts](https://www.bgca.net/page/Arts)

National Arts Contest

The National Arts Contest celebrates artists ages 6-18 in Boys & Girls Clubs. Submissions in the visual, digital, performing and applied arts are welcome. Details can be found at [BGCA.net/page/Arts](https://www.bgca.net/page/Arts)

Education Programming Resources

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 and activities 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.

Power Hour

Power Hour helps Club members ages 6-18 achieve academic success by providing homework help, tutoring, and high-yield learning activities and encouraging members to become self-directed learners. Last updated in 2018.

Targeted Program	Academic Success
Designed for Ages 6-18	Elementary: 22 Sessions, 30 Minutes Each Middle School: 13+ Sessions, 60 Minutes Each High School: 9 Sessions, 60 Minutes Each
Academic 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
<p>The Power Hour Elementary and Middle School Facilitator’s guide is a resource that gives an overview of Power Hour and best practices for homework help and tutoring, activity books with Common Core-aligned tutoring activities in math and reading for all age groups, an introductory video and more are available at BGCA.net/page/PowerHour</p> <p>The Power Hour Activities for Elementary and Middle School are available on ClubPrograms</p> <p>The Power Hour Activities for High School are available on MyFuture.Net</p>	

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 2022.

Targeted Program	Academic Success
Designed for Ages 6-8; 9-11; 12-18	35+ Sessions, 60 Minutes Each
Academic Skills: <ul style="list-style-type: none"> • Asking Questions • Analyzing and Interpreting Information • Postsecondary Awareness • Designing and Constructing Explanations 	Social-Emotional Skills: <ul style="list-style-type: none"> • Communication • Collaboration • Goal Setting • Identifying and Solving Problems

<ul style="list-style-type: none"> • Literacy • Career Awareness • Creativity 	<ul style="list-style-type: none"> • Planning and Carrying Out Investigations • Recognizing Strengths • Identifying Emotions • Perspective Taking
<p>The Summer Brain Gain program materials for each age group are located on ClubPrograms at www.clubprograms.org/programs/summer-brain-gain. Select Summer Brain Gain activities are available on MyFuture.net/Programs/Summer-Brain-Gain. Supporting training materials, virtual adapted modules and supporting resources are available at BGCA.net/page/SummerBrainGain</p>	

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. Money Matters was last updated in 2020.

Targeted Program	Academic Success
Designed for Ages 13-18	25 Sessions, 60 Minutes Each
Academic 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
<p>The Money Matter Facilitator’s Guide can be found on ClubPrograms at clubprograms.org/programs/money-matters-make-it-count, and select Money Matters activities can be found on MyFuture. The Teen Guide, Reality Store program materials and access to the \$ky Game are available on BGCA.net/page/MoneyMatters</p>	

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 last updated in 2021.

Targeted Program	Academic Success
Designed for Ages 13-18	27 Sessions, 50-60 Minutes Each
Academic 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 	Social-Emotional Skills: <ul style="list-style-type: none"> • Identifying and Solving Problems • Evaluating • Organizing • Communication • Goal Setting • Planning • Accurate Self-Perception • Self-Efficacy

<ul style="list-style-type: none"> • Self-Advocacy 	<ul style="list-style-type: none"> • Adult Connections • Self-Discipline • Self-Motivation
<p>The Diplomas to Degrees Facilitator’s Guide, Teen Guide and recorded program implementation training are available at the BGCA.net d2D page. The Facilitator’s Guide contains supporting research, as well as additional tools and resources to enhance the program. d2D activities focused on planning and paying for college are available on MyFuture.net.</p>	

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 2022.

Targeted Program	Academic Success
Designed for Ages 13-18	24 Sessions, 45 Minutes Each
Academic 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 • Planning • Communication • Goal Setting • Accurate Self-Perception
<p>A Career Launch Facilitator’s Guide, Teen Guide and videos to introduce each session are available at BGCA.net/page/CareerLaunch. The Facilitator’s Guide includes pre- and post-evaluation materials, supporting research, funding tools and additional online resources for job readiness. The Roadmap to Careers tool is available through https://myfuture.net/careers</p>	

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
Academic 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
<p>The Ultimate Journey Facilitator’s Guide is available at BGCA.net/page/UltimateJourney. It also includes a master supply list, passport template to document completion of activities and a certificate of completion. Ultimate Journey activities are available on MyFuture</p>	

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 2022.

MyFuture Activities	Academic Success
Designed for Ages 8-15	35 Activities, 45 Minutes Each
Academic 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
Digital Literacy activities are available on MyFuture .	

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. The Computer Science Pathway was last updated in 2019.

MyFuture Activities	Academic Success
Designed for Ages 5-18	17 Activities, 60 Minutes Each
Academic 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 on MyFuture .	

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 last updated in 2017.

Targeted Program	Academic Success
Designed for Ages 9-12	19 Sessions, 45-90 Minutes Each
Academic 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

	<ul style="list-style-type: none"> • Planning and Carrying Out Investigations
<p>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/page/DIYSTEM. MyFuture activities with career connections are available on MyFuture.</p>	

UP NEXT: WORK BASED LEARNING

Up Next: Work Based Learning replaces and expands on the former Junior Staff program aligning the goals of Junior Staff with the membership requirements for youth safety and youth workers. The program offers a suite of guides for Safety, In Club Work Based Learning, and Out of Club Work Based Learning (Coming Soon!).

Planning Guides	Academic Success
Designed for Ages 13-18	3 Guides: Safety, In-Club and Out of Club WBL Experiences, MyFuture Activities
Academic 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
The Safety Guide can be found on BGCA.net/page/youthworkers	

Education Partner Programs

Truist WORD Force

Truist WORD Force is an Elementary school literacy program. Acting as the commander of a rag-tag group of superheroes called the WORD Force, K-2 youth develop a foundation in key reading skills by leveling -up through fun and impactful literacy games. Focus areas include phonological awareness, letter-sound/letter name matching, word building, vocabulary, reading fluency, and reading comprehension.

Partner Program	Academic Success
Designed for ages 6-8	15 games, 5 levels, 8-10 minutes per level

To register and get started, visit [EVERFI New Teacher Registration](http://EVERFI.com/newteacher)

Maker Camp

Learn by making with this collection of hands-on projects for aspiring engineers. Maker Camp activities can be facilitated in the Club or done at home.

Partner Program (not BGCA developed)	Academic Success
Designed for Ages 12-18	More than 100 Sessions

Material lists and step-by-step instructions for each project are available in the Maker Camp project library at MakerCamp.com/Project-Library/.

NBA Math Hoops

NBA Math Hoops teaches fundamental math and social-emotional development skills through basketball. Learn Fresh implements the program in partnership with NBA and WNBA teams.

Partner Program (not BGCA developed)	Academic Success
Designed for Ages 8-14	12 Sessions, 30-60 Minutes Each
Learn more by reviewing the NBA Math Hoops Program Report at bit.ly/NBAMathHoops . Check out their YouTube page for Tutorials, Events and more! To register and get started, complete the NBA Math Hoops Interest Form .	

Bedtime Math

Bedtime Math offers both in and out of school support to make math fun and meaningful. The Crazy 8 Math Club offers a set of high-yield activities youth can do in the Club to practice math skills in a fun way. Each activity uses simple materials and includes developmentally appropriate questions for youth ages 6-11. Free resource kits can be ordered from the Bedtime Math Foundation.

Partner Activities (not BGCA developed)	Academic Success
Designed for Ages 6-11	27 Sessions, 10-30 Minutes Each
Crazy 8 Math Club resources can be ordered at bedtimemath.org .	

FIRST

FIRST® is a curated resource for Clubs. FIRST® inspires young people to be science and technology leaders and innovators by engaging them in exciting mentor-based programs that build science, engineering and technology skills that inspire innovation, and foster well-rounded life capabilities including self-confidence, communication, and leadership.

Partner Program (not BGCA developed)	Academic Success
Designed for Ages 6-18	Seasonal Competitions
Learn more and order kits for FIRST Lego League (ages 4-16), FIRST Tech Challenge (ages 12-18) and FIRST Robotics Competition (ages 14-18) on firstinspires.org/ .	

Education Capacity-Building Resources

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 <https://www.bgca.net/page/STEM>.

School Partnerships Planning Guide

This resource helps Clubs who are building or strengthening multi-level partnerships with schools and districts. It comes with a step-by-step Partnership Workshop, a Needs and Solutions menu to help Clubs describe the value they bring to the table and practical templates to support the continuous quality improvement (CQI) process. The School Partnerships Planning Guide can be found on [Youth Development Resource Library](#).

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
Designed for Club Staff	
Academic 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, overview training and accompanying deck, Native Adaptation and resources supporting school partnerships, family engagement and more are available at https://www.bgca.net/page/ProjectLearn	

Health and Wellness Programming Resources

Health and Wellness programs equip youth with resiliency and health literacy skills so they can make informed decisions about their own health and support their own emotional wellness and social-emotional development. This leads to positive health outcomes in the areas of emotional wellness, substance use, sexual health and violent behaviors. Targeted Programs – such as SMART Girls, Passport to Manhood and SMART Moves – are included in this Core Program Area. Health and Wellness targeted programs are linked to the Healthy Lifestyles priority outcome area.

SMART Moves: CORE + Modules

The program resources in the SMART Moves suite work together to teach skill building in healthy decision-making. Each asset reflects contemporary youth development best practices. In SMART Moves: Core, youth build key social-emotional skills such as effective communication, decision-making and refusal skills that support healthy decision-making. Subject-specific add-on modules allow Clubs to customize learning to the interests and issues of their youth and communities. Designed to be implemented after SMART Moves: Core, each module dives deeply into a specific health behavior to help youth build the knowledge, attitudes and skills to avoid the behavior.

Targeted Program	Healthy Lifestyles
Designed for Ages 6-15	SMART Moves Core: 10 Sessions, 45-60 Minutes Each SMART Moves Module: Nicotine, 3 Sessions SMART Moves Module: Healthy Relationships, 5 sessions SMART Moves Module: Substance Use, 3 sessions
Healthy Decision-Making Skills: <ul style="list-style-type: none"> • Health Communication • Positive View of Future • Resistance Skills • Media Literacy • Positive Health Beliefs 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Peer Relationships • Identifying Emotions • Impulse Control • Stress Management • Identifying and Solving Problems • Collaboration With Peers • Communication • Conflict Management and Resolution • Empathy • Evaluating • Self-Awareness
The SMART Moves Core + Modules are available on the SMART Moves Club Programs page . Other supporting resources, including a Native Adaptation can be found on the Native Adapted program page .	

SMART Moves: Emotional Wellness

SMART Moves: Emotional Wellness is part of the SMART Moves suite of resources that was completely updated in 2020. This targeted program helps youth build an effective toolbox for self-regulation and coping to support their overall wellness. Completing Emotional Wellness prepares youth to participate in SMART Moves: Core but the program can also be facilitated independently. Z

Targeted Program	Healthy Lifestyles
Designed for Ages 6-15	10 Sessions, 45-60 Minutes Each
Healthy Decision-Making Skills: <ul style="list-style-type: none"> • Health Communication • Positive View of Future • Resistance Skills • Media Literacy • Positive Health Beliefs 	Social-Emotional Skills: <ul style="list-style-type: none"> • Self-Efficacy • Identifying Emotions • Impulse Control • Stress Management • Identifying and Solving Problems • Collaboration With Peers • Communication • Conflict Management and Resolution • Empathy

	<ul style="list-style-type: none"> • Evaluating • Self-Awareness
SMART Moves: Emotional Wellness is available on the SMART Moves Club Programs page .	

Triple Play Healthy Habits

Healthy Habits focuses on helping youth make healthy eating choices. The program consists of 14 progressive, interactive, 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
Nutrition 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
Triple Play Healthy Habits program materials can be found on Club Programs and supporting resources can be found at BGCA.net/page/TriplePlay . Facilitators Guide . Healthy Habits activities are also available on MyFuture .	

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
Program materials and supporting resources to implement Social Recreation are available on bgca.net/page/TriplePlay .	

Journeys: Paths to Adulthood

Journeys: Paths to Adulthood is a social-emotional Targeted Program that supports young people in reflecting on their own individual sense of self in relation to different parts of their identity. The program consists of three units which include: I Know Myself, I Care for Myself, and I am Part of a Community. This is a new program that will launch in 2023.

Targeted Program	Healthy Lifestyles
------------------	--------------------

Designed for Ages: 10-14	10 Sessions, 60 minutes each
	Social-emotional skills <ul style="list-style-type: none"> • Self-Efficacy • Identifying Emotions • Recognizing Strengths • Empathy • Inclusion
Program materials and supporting resources to implement Journeys: Paths to Adulthood will be on Club Programs fall of 2023.	

SMART Girls

SMART Girls supports 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. SMART Girls was last updated in 2014. SMART Girls in Action, added in 2020, leads participants through the process of designing and implementing a youth-led community service project.

Targeted Program	Healthy Lifestyles
Designed for Ages 8-18	10 Sessions, 45-60 Minutes Each
Healthy Decision-Making 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, SMART Girls in Action resources and more at https://www.bgca.net/page/SMARTGirls . In addition to the program suite, thirteen activities are available on MyFuture at http://myfuture.net/leadership	

Passport to Manhood

Passport to Manhood is designed for boys and focuses on a various aspects 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, with Teen Event Guides and Discussion Guides added in 2021.

Targeted Program	Healthy Lifestyles
Designed for Ages 8-17	14 Sessions, 45 Minutes Each
Healthy Decision-Making 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
Find the full program, passport template, and new program resources at https://www.bgca.net/page/Passport	

Health and Wellness Partner Programs

KidSmartz™

BGCA has partnered with the National Center for Missing and Exploited Children (NCMEC) to offer their eight-session safety program, KidSmartz, for Club implementation. KidSmartz is a child safety program that educates youth and families about preventing abduction, body safety and empowers kids in grades K-5 to practice safer behaviors. This program helps protect kids by introducing the four rules of personal safety through various engaging and age-appropriate activities.

Partner Program	Healthy Lifestyles
Designed for Grades K-5	8 Sessions, 30 Minutes Each
Find the Facilitator’s Guide and BGCA’s Implementation Guidance for KidSmartz at https://www.bgca.net/page/Wellness . Visit the NCMEC website to learn more about their organization and program at MissingKids.org/Home or check out their educational programs here: https://www.missingkids.org/education/kidsmartz	

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.

Partner Program	Healthy Lifestyles
Designed for Ages 11-13	
Find the Be A STAR Facilitator’s Guide at https://www.bgca.net/page/BeAStar	

Health and Wellness Capacity-Building Resources

Positive Club Climate Resource Guides

Creating a positive Club climate is an important practice for both staff and members to feel emotionally safe. BGCA's frontline staff play a critical role in creating an environment that is safe and supportive for each other and for youth at their Club or Youth Center. BGCA has partnered with the Yale Center for Emotional Intelligence to adapt tools to support building emotional intelligence through a Positive Club Climate. These resources were last updated in 2020.

Resource Guides, MyFuture Activities	Healthy Lifestyles
Designed for Ages 6-18	
Healthy Decision-Making: <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
Find the series of Positive Club Climate Toolkits at https://www.bgca.net/page/clubclimate Positive Club Climate activities are also on MyFuture	

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 the BGCA webpage on https://www.bgca.net/page/5881?utm_source=interact&utm_medium=side_menu_category.

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, and 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's Substance Use Prevention page](#).

Taking a Club-Wide Approach to Healthy Eating

This 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 in the [BGCA Resource Library](#).

Mental Health Discussion Guides

The new [Teen Mental Health Discussion Guide](#) is intended to help teens talk about and get support for mental health. Topics include stigma surrounding mental health, how it affects those suffering from mental illness and what teens can do about it.

The [Teen Mental Health Caregiver Resource](#) is a discussion guide for parents and caregivers to talk about mental health at home. The guide includes conversation starters, how to approach and talk with teens and how to get help.

PlayBreaks 2.0

Quick, fun activities to add to healthy movement and social-emotional skill development to any Club programming. Find PlayBreaks 2.0 in the [Youth Development Resource Library](#).

Leadership and Service Programming Resources

Leadership and Service programs build leadership with self, leadership with others and leadership in the community. Youth build their confidence and abilities to create meaningful change in the 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.

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. The Youth of the Year Suite is composed of three different experiences: Youth of the Month, Junior Youth of the Year, and Youth of Year. In addition to the program suite, activities are available on [MyFuture](#).

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 2022.

Targeted Program	Good Character and Citizenship
Designed for Ages 6-18	12 Sessions, 60 Minutes Each
Leadership and Service 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 Leadership Development Suite and other resources are available at https://www.bgca.net/page/5810 .	

Youth of the Year Suite: Junior Youth of the Year

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 2022.

Targeted Program	Good Character and Citizenship
Designed for Ages 10-13	4 Sessions, 45-60 Minutes Each
Leadership and Service 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 Leadership Development Suite and other resources are available at https://www.bgca.net/page/5810 .	

Youth of the Year Suite: Youth of the Year Leadership Development Targeted Program

The Youth of the Year Leadership Development targeted program provides a strong foundation of leadership in three areas: self-leadership, leadership with others and leadership in the community. Youth build strength and understanding in social-emotional development, character and citizenship, social justice, leadership, and service. Youth of the Year was last updated in 2022.

Targeted Program	Good Character and Citizenship
Designed for Ages 14-18	12 Sessions, 45-60 Minutes Each
Leadership and Service 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 Leadership Development Suite and other resources are available at https://www.bgca.net/page/5810 .	

Youth 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. Three Service Activity Guides provide youth with the opportunity to have different service experiences based on their passions.

High-Yield Activity Guide	Good Character and Citizenship
Designed for Ages 6-18	65 Sessions, 45-60 Minutes Each
Leadership and Service 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 https://www.clubprograms.org/programs/youth-leadership-and-service	

Teens Take the Lead

The Teens Take the Lead service-learning guide is an excellent resource for planning and enhancing service activities in 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
Leadership and Service 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 Peers and Adults • Evaluating
The Teens Take the Lead Guide – which includes forms, checklists and supporting resources for youth and staff – can be found on the Youth Development Resource Library at bgca.net .	

Keystone Club

Keystone is the 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.

Targeted Program	Good Character and Citizenship
Designed for Ages 14-18	
Leadership and Service 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 Peers and Adults • Evaluating
The Keystone Club Planner 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/page/Keystone . The Keystone Club Planner can be found at KeystoneClubPlanner.org/ .	

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 resources were last updated in 2021.

Targeted Program	Good Character and Citizenship
Designed for Ages 10-13	12 Sessions, 45-60 Minutes Each
Leadership and Service Skills: <ul style="list-style-type: none"> • Self-Awareness • Self-Advocacy • Communication • Conflict Management 	Social-Emotional Skills: <ul style="list-style-type: none"> • Goal Setting • Inclusion • Collaboration With Peers and Adults • Evaluating

<ul style="list-style-type: none"> • Social Responsibility 	<ul style="list-style-type: none"> • Empathy • Perspective Taking
<p>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.</p>	

Youth for Unity

BGCA’s Youth for Unity High-Yield Activity Guide features dynamic experiences that will help youth better understand diversity and combat prejudice, bigotry and discrimination. These activities support youth to appreciate themselves as unique and special individuals; understand our society’s diversity; recognize bias and unfairness; and take personal leadership in confronting bias. The Youth for Unity Activity Guide was last update in 2021.

High-Yield Activity Guide	Good Character and Citizenship
Designed for Ages 6-18	20+ Activities, 45-60 Minutes Each
Leadership and Service Skills: <ul style="list-style-type: none"> • Self-Awareness • Communication • Conflict Management • Social Responsibility 	Social-Emotional Skills: <ul style="list-style-type: none"> • Inclusion • Evaluating • Empathy • Perspective Taking • Collaboration With Peers and Adults
<p>In addition to the Activity Guide, the full Youth for Unity Targeted Program can be found at the Youth for Unity">BGCA.net Youth for Unity.</p>	

Sports and Recreation Programming Resources

Sports and Recreation programs are designed to help all youth become physically literate - having the competence, confidence and intrinsic motivation to be physically active every day. The following suite of programs provide Clubs with the resources to run high-quality Sports & Recreation experiences for youth. Targeted Programs and High-Yield Activities in this area are linked to the Healthy Lifestyles priority outcome area.

ALL STARS

ALL STARS is an organized sports league initiative for youth ages 6-18. It provides coaches with training, equipment and uniforms for basketball, flag football, volleyball 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, to have fun. Access ALL STARS coaches’ resources at BGCA.net/page/ALLSTARS.

Initiative	Healthy Lifestyles
Designed for Ages 6-18	
<p>Information about ALLSTARS can be found at bgca.net/page/allstars and ALLSTARS activities can also be found on MyFuture.</p>	

ALL STARS Soccer

ALL STARS Soccer introduces youth to the sport of soccer in a supportive environment by focusing on individual skills and critical life skill development as well as small-sided games. Each session teaches youth fundamental soccer skills blended with nutrition education. The health and nutrition information is integrated seamlessly into the practice, without interrupting the physical activity.

Targeted Program	Healthy Lifestyles
Designed for Ages 6-14	24 Sessions, 60 Minutes Each
Physical Literacy 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 BGCA.net/pages/ALLSTARS and an instructor-led training is available through Spillett Leadership University .	

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
Physical Literacy 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/page/tripleplay .	

Sports and Recreation Partner Programs

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.

Partner Program	Healthy Lifestyles
Designed for Ages 6-18	10 Sessions, 40 Minutes Each

Physical-Literacy 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 NFLFlag.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.

Partner Program	Healthy Lifestyles
Designed for Ages 6-14	12 Sessions, 60 Minutes Each
Physical Literacy 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/ .	

PLAY BALL

Major League Baseball and USA Baseball launched PLAY BALL in June 2015. This initiative encourages widespread participation in all forms of baseball activities among all age groups, especially youth. PLAY BALL highlights many ways youth 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.”

Initiative	Healthy Lifestyles
Designed for Ages 6-18	
Resources supporting PLAY BALL can be found at the BGCA Sports & Rec page .	

Sports and Recreation Capacity-Building Resources

ESports Playbook

The Esports Playbook is your guide to all things competitive video gaming. From the first power-up to the final showdown, this is how to design engaging gaming experiences to help youth develop skills in teamwork, perseverance, college and career readiness, and more. Find it in the “Staff Practices” section of ClubPrograms.Org

More Capacity-Building Resources

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

Behavior Support Toolkit

The Behavior Support Toolkit is a trauma-informed, culturally sensitive, comprehensive approach to understanding and supporting youth behavior in a way that supports their social-emotional development. It is designed to help organization leaders and directors assess their Club or Youth Center's current behavior support strategy, create new behavior support policies, and learn effective behavior support practices. The toolkit introduces a wide variety of new and familiar resources to support Clubs in this process. Access the toolkit at [BehaviorSupportToolkit.org](https://www.bgs.org/behavior-support-toolkit).

Family & Caregiver Engagement Planning Guide

This resource helps Clubs who are building or strengthening their caregiver engagement efforts. It includes guidance on developing a comprehensive engagement strategy, a chart of different types of engagement activities and practical templates to support responsive and inclusive engagement. The Family & Caregiver Engagement Planning Guide can be found on [Project Learn](https://www.bgs.org/project-learn)

Workforce Readiness Toolkit

The Workforce Readiness Toolkit is designed to help staff conduct effective workforce programming. It includes customizable tools and tips, samples from the field and promising practices from Clubs across our Movement. The content is organized by components of BGCA's Workforce Readiness Framework, a research-informed approach to youth workforce and job readiness in Boys & Girls Clubs. The toolkit includes a Workforce Program Diagnostic, a customizable Action Plan template, and comprehensive samples, and tools and tips from the field. Access the toolkit at [Workforcetoolkit.org](https://www.bgs.org/workforcetoolkit)

Continuous Quality Improvement (CQI) Toolkit

BGCA uses a Continuous Quality Improvement approach to provide high-quality experiences for youth and staff. The cyclical process of CQI begins with Clubs assessing programs, and using that data to identify strengths and challenge areas together with their staff team. These areas then go into an improvement plan, as goals, with clear steps and benchmarks for success. Clubs then implement their improvements by working through their plan's action steps and engaging staff in coaching and professional development. BGCA has partnered with the David P. Weikart Center for Program Quality to develop a CQI system specifically for Clubs, using the Weikart Center's evidence-based Youth Program Quality Intervention. For information on how to get started, training opportunities and resources designed for your Club, access the CQI Toolkit at [CQIToolkit.org](https://www.bgs.org/cqi-toolkit).

Club Experience Blog

The Club Experience Blog highlights Club stories, promising practices and learning opportunities. It can be found at [ClubExperience.blog/](https://www.bgs.org/club-experience-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. 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 [Technology Services and Resources](#)

Workforce Readiness

BGCA's evidence-informed approach to workforce readiness puts holistic skill development and career exposure at the forefront of each Club member's experience. The goal is to provide all youth, from age six through their teen years, with the knowledge, skills, and learning experiences they need to succeed in life and work. Supports for Workforce Readiness can be found at [Workforce Readiness](#)

Disability Inclusion Initiative

BGCA has partnered with disability inclusion experts, Kids Included Together (KIT) to develop trainings, technical assistance for staff, and Club-specific tools and resources. The support resources help ensure youth with disabilities are included, while improving 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 the [Disability Inclusion](#)

LGBTQ Inclusion Initiative

The goal of the LGBTQ Inclusion Initiative is to increase BGCA's 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. Find the Serving LGBTQ Youth resource guide, webinars and other resources from experts in LGBTQ youth inclusion from [Serving LGBTQ+ Youth](#)

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. Download local funding toolkits from BGCA.Net's section on [Funding Toolkits](#)

School of Youth Development Catalog of Learning

This document details all of the trainings and learning opportunities that youth development professionals have access to through the National Trainers Initiative. These include foundational and program-specific trainings to help build skills and prepare staff to deliver programming in the Club. The 2021 training catalog can be found [here](#).

Certified Tier 1 and Tier 2 trainers can facilitate all the trainings in the catalog. To learn how to become a Tier 1 or Tier 2 national trainer, visit the National Trainers Initiative page at [BGCA.net NTI page](#).

To request a training from the catalog for your Organization, reference the directions in the "Schedule a Training" section.

Youth Development Professional Learning Journeys

Spillet Leadership University contains professional development resources and trainings for Club professionals. Training materials are accessible on <https://slu.csod.com/>

Within the School of Youth Development, two key collections of trainings are:

- The Foundational Level for Youth Development Professionals is a collection of learning opportunities that support the development of competencies recommended for a youth development professional’s first year on the job. These training sessions help translate and build upon concepts presented in the Program Basics BLUEprint. Search “Youth Development Professional - Foundation Level” for the recommended onboarding trainings for Youth Development Professionals.
- Role-specific training playlists include the recommended trainings for Youth Development Professionals who are specializing in a given area. Search “Learning Journey” for role-specific collections of trainings in Arts, Education, Health and Wellness, Sports and Recreation, STEM, and Leadership and Service.

Tips for Using the YD Resource Catalogue

This guide starts out by outlining foundational documents to guide program facilitation at a Club, called Program Basics, and defines each resource type, for example, a targeted program versus capacity building resource.

Programs are primarily organized below by core program area. Each program description will list where the program materials can be found online, usually at BGCA.net, ClubPrograms or MyFuture. At the end of each program list, the YD Resource Catalogue lists Partner Programs aligned to that Core Program Area. Partner Programs are not developed by BGCA, but have been vetted to ensure their benefit and fit for Clubs.

Each program listing outlines the following information:

- Resource type (i.e., a set of digital activities on MyFuture, a targeted program, or a capacity building resource)
- The Priority Outcome Area the program aligns to
- The ages/grades the program is designed for
- How many sessions or activities it includes
- The subject-specific skills introduced within the resource
- The social emotion skills introduced within the program
- The program’s digital location