

Native Adapted Boys & Girls Club Curriculum



Native Adapted BGCA Curriculum

To ensure that Native youth have access to programs and curricula that address their specific needs, BGCA Native Services has adapted many of BGCA's evidence-based programs and campaigns to incorporate Native culture and beliefs. Native adaptations guarantee that Native youth are being wholly immersed in programming that speaks to the unique aspects of their lives. The curriculum listed below are free resources available for download for your Club. Visit NAclubs.org/club-programs/ to stay up to date on the resources available for your organization.

PROJECT LEARN

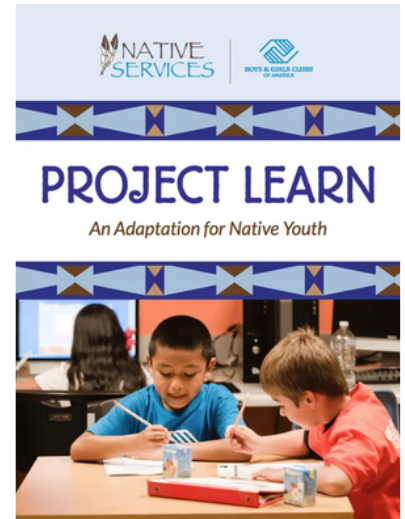
Project Learn reinforces and enhances the skills and knowledge young people learn at school during the hours they spend at the Club. This comprehensive program strategy is based on research showing that students do much better in school when they spend their non-school hours engaged in fun, but academically beneficial, activities. BGCA Native Services worked to integrate certain components into the Project Learn curriculum that Native youth could relate to. Additions to the curriculum include:

- population specific statistics
- specific examples of high-yield learning activities that are
- culturally relevant
- importance of collaboration with elders and Tribal departments
- activity extensions and best practices

While the structure of Project Learn remains unchanged, the adaptation allows Native Clubs to make the program relevant to Native youth.

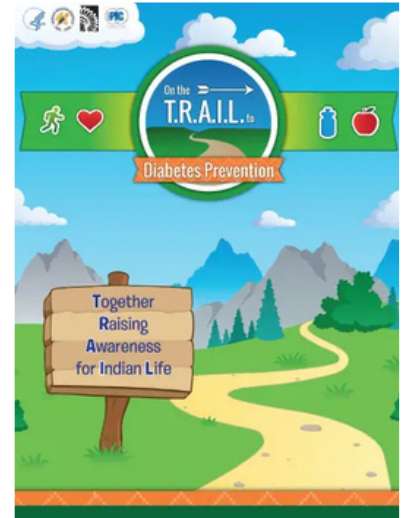
SUMMER BRAIN GAIN

Unless young people practice academic skills over the summer, they lose an average of two months' worth of math skills. Youth from low-income families also lose an average of two months' worth of reading skills. Summer learning loss stacks up from year to year, broadening the achievement gap between lower- and higher-income youth. Ensuring Native youth access to a curriculum that prepares them for workforce readiness is critical in creating a plan for their futures. Closing the achievement gap is of key importance to BGCA Native Services, and Summer Brain Gain has been adapted with Native youth specifically in mind to help them graduate on time, stay motivated to learn and build a plan to succeed in today's modern workforce. The Native adaptation of Summer Brain Gain keeps the integrity of the original program intact while ensuring Native youth see themselves reflected in every lesson, equipping them with the academic skills and pride in their cultural identity to succeed in school, a the workforce and their communities.



ON THE T.R.A.I.L. TO DIABETES PREVENTION

In 2003, BGCA, the National Congress of American Indians (NCAI), IHS, and Nike, Inc., initiated a prevention program aimed at reducing the onset of type 2 diabetes among Native youth. The program – On the T.R.A.I.L. (Together Raising Awareness for Indian Life) to Diabetes Prevention – is an innovative combination of physical, educational, and nutritional activities that align with many Native communities ideas of holistic wellness. T.R.A.I.L. is comprised of a 12 chapter curriculum program that provides Native youth with a comprehensive understanding of healthy lifestyles in order to prevent diabetes and attain emotional, mental, physical and spiritual balance. Woven throughout the program is the principle that BGCA has always centered in its approach to youth development; an evidence-based approach. Programs draw from Tribal traditions and history to learn about nutrition, food choices, media influences and the impact of diabetes.



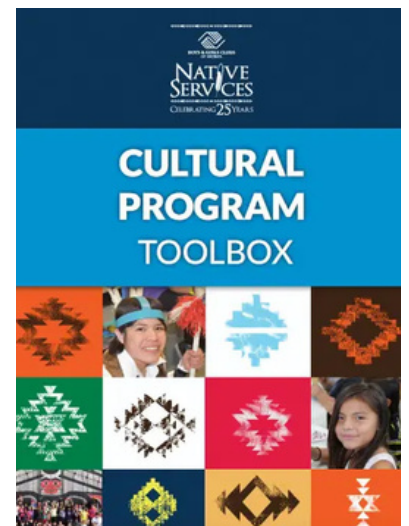
YEAR OF THE TEEN

Back In 2016, BGCA launched the “Year of the Teen.” The campaign aims to bring awareness to teen membership, challenges, and needs. The effort to engage Native youth continued as an area of distinctive emphasis in 2017. Year of the Teen called for Clubs to focus on teen recruitment and retention so that more teens have a “safe haven” to go after school and engage with peers and adult staff. Recruitment and retention strategies were provided to Native Boys & Girls Clubs on how to attract but also retain teens while integrating their heritage. Strategies included hosting events at the Club, such as social outings and college and career fairs, as well as marketing the events in a multitude of mediums in order to be as accessible as possible.



CULTURAL PROGRAM TOOLBOX

The Cultural Program Toolbox was designed to provide resources and additional opportunities for Clubs to run culturally specific programming. It includes a sample MOA, a sample Native Arts Grant template, a job description template for a potential Cultural Arts Coordinator, and ideas for culturally specific programs. The toolkit was developed by the BGCA Native Services in response to the large need for adapting activities and programming to the unique atmospheres of varied Native communities. Native Services recognizes the need for culturally relevant services to provide for Native youth, and the Cultural Program Toolbox is one of the many ways they are fulfilling that need.



ALL STARS

ALL STARS strives to get more youth, on more teams, for more playing time, while fostering a sense of belonging and building life skills and self-confidence. The ALL STARS curriculum adaptation for Native youth includes year round programming opportunities for youth ages 6-18 to join flag football teams, cheer teams, basketball leagues and participate in traditional dance groups. Thousands of volunteers and coaches have united to provide the ultimate sports experience for youth – a safe, nurturing environment that offers many active opportunities for fun, friendship and growth.



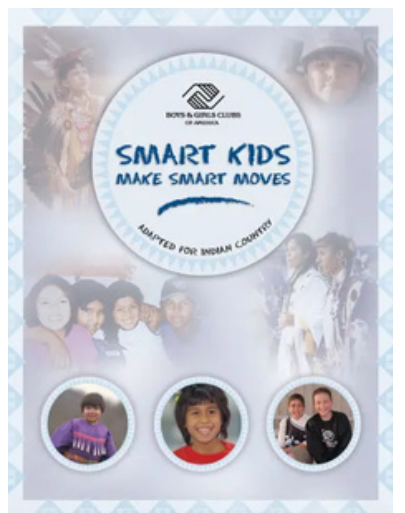
BE THERE

Be There is a comprehensive approach to help Clubs and BGCA-affiliated youth centers integrate best practices in supporting youth experiencing bereavement and other major life altering losses. We not only want to help youth process through their grief, but we also want to include resilience development as part of the long-term approach in preparing our youth to reach their full potential. The Be There Toolkit provides trainings, resources and strategies that help Clubs increase their capacity to support youth, staff and families who are grieving. Grief is an all too familiar experience for many of the young people we serve. And while the challenges that Native communities face are great, the resiliency is even greater. Be There is yet another way that Clubs are making a difference and helping to heal children and teens in Native communities.



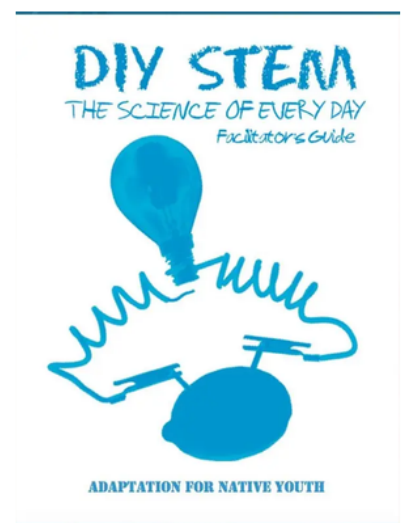
SMART MOVES

SMART (Skills Mastery and Resistance Training) Moves addresses problems such as drug and alcohol use and premature sexual activity. SMART Moves is a 17 session program that tackles topics such as self-awareness, interpersonal skills, and drug use for youth ages 6-9. SMART Kids Make Smart Moves was published in March 2003 through a partnership with the Center of Substance Abuse Prevention, U.S. Department of Housing and Urban Development, Office of Native American Programs and FirstPic, Inc.. An advisory group comprised of experts who understand SMART Moves and the target population reviewed the program and identified adaptations to make the curriculum more reflective of Native American culture. Due to the flexible nature of SMART Moves, local Native Clubs also have the ability to create their own supplemental materials that best reflect their local culture and traditions.



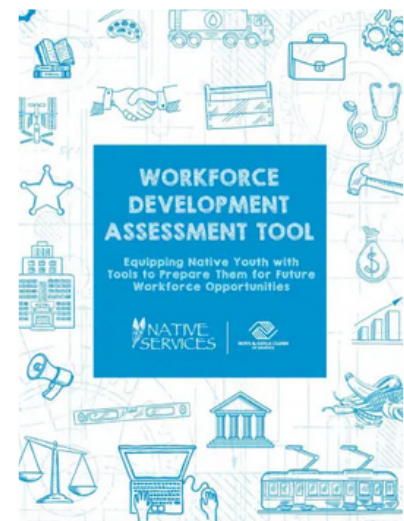
DIY STEM

Do It Yourself (or DIY) STEM is an activity-based program that brings scientific principles to life. The program uses items commonly found in the Club, or can be easily procured, to introduce Science, Technology, Engineering, and Mathematical (STEM) concepts to youth. DIY STEM is a program that can be implemented in its entirety or as separate units depending on the needs and interests of various Club kids. The program and curriculum requires youth to think deeply so they can build skills to become the professionals, builders, researchers, educators, and leaders of the future. Club staff guide members to explore STEM related concepts to find an area that interests them most. DIY STEM's Native adapted curriculum integrates crucial anecdotes relating these curriculum units to the Club members' everyday lives. Emphasis is placed on the importance of STEM related concepts as they can help preserve culture while benefitting Native communities across the country. Activities such as Native drumming are used to show youth that science happens all around us.



WORKFORCE DEVELOPMENT INITIATIVE

The Workforce Development Initiative capitalizes on existing job skills and career development programs to create and implement a robust local workforce development program for youth. The program prepares teens to enter the workforce while engaging local employers as they get ready for the next generation of employees. The initiative has been specifically adapted for Native youth and provides Clubs with resources and support necessary to facilitate programming. In concert with this effort, BGCA has provided an assessment tool to help Native Clubs assess their capacity to implement a workforce development program. The assessment provides steps that prepare staff and acknowledges opportunities for Native youth such as becoming Tribal department employees.



TEEN DATING VIOLENCE

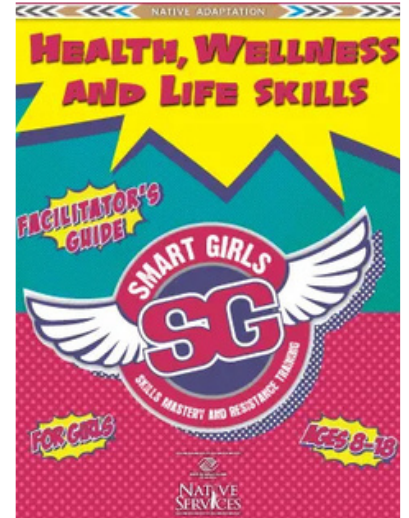
The Native adaptation of BGCA's Teen Dating Violence Awareness Month Discussion and Resource Guide helps start important conversations about teen dating violence among Native youth. Native children are more likely to experience abuse and identifying unhealthy or abusive relationships can be challenging for Native teens. Abuse may be physical, emotional, sexual, or digital, and it can be difficult to recognize the warning signs. While not a comprehensive resource, this guide is designed to spark discussion and connect Native teens with support, information, and resources to help build safe, healthy and respectful relationships.



SMART GIRLS

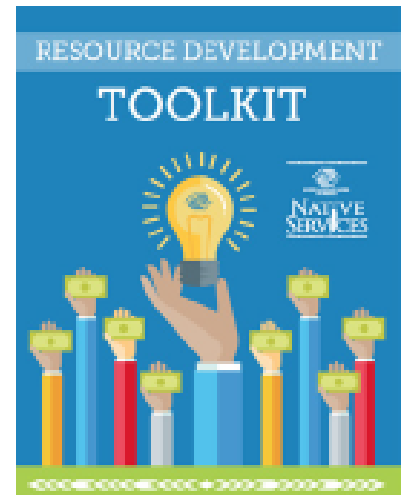
The SMART Girls Native adaption aims to assist Club staff in tailoring the program to be culturally relevant and responsive to the unique strengths and needs of Native girls in their Club. Many Indigenous scholars have found that promoting positive youth development among Native youth demands a holistic approach to program design that incorporates each of the following four dimensions of wellbeing vital to their culture.

- Social – connections with peers, family, school, community
 - Emotional – the ability to cope and deal with the effects of colonization, historical trauma, loss, discrimination and racism
 - Cultural – the ability to live in two worlds, knowledge of culture and history, positive identity and connection to cultural community
 - Psychological – positive sense of self, adjustment, knowledge of drug and alcohol abuse
-



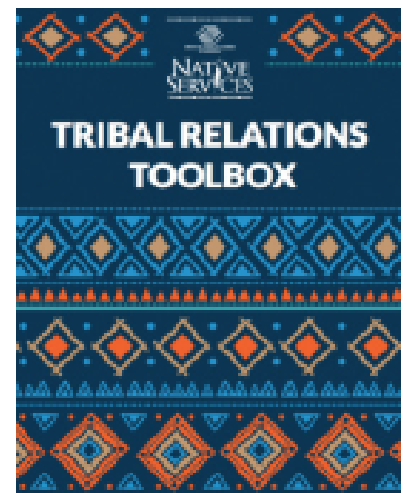
RESOURCE DEVELOPMENT TOOLKIT

There are many compelling reasons why you should seriously consider developing, or even bolstering, your Resource Development program. Private support can be the added margin of excellence your Club needs to be elevated to the next level of success, even if you have the funding needed for daily operations. Fundraising is more than raising money to accomplish an agenda or pay staff. BGCA Native Services would like to recognize and thank our NAC Resource Development Committee Members for their time and commitment in creating culturally relevant tools for all Native organizations across the Nation to assure the greatest benefit to Native Clubs.



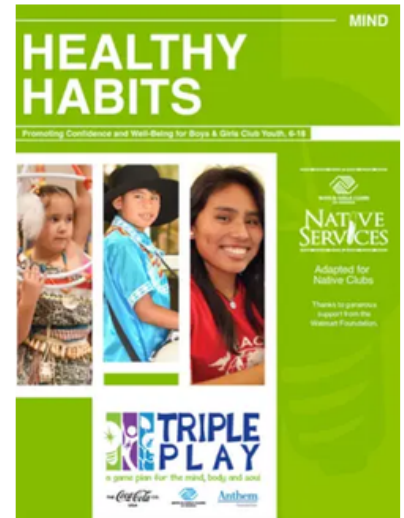
TRIBAL RELATIONS TOOLBOX

The Tribal Relations Toolbox provides best practices working with Tribal governments, sample Tribal resolutions, and many more resources that will prepare you for a council meeting and provides steps on how to create an Advisory Board. BGCA Native Services would like to recognize and thank our NAC Tribal Relations Committee Members for their time and commitment in creating culturally relevant tools for all Native organizations across the Nation to assure the greatest benefit to Native Clubs.



HEALTHY HABITS

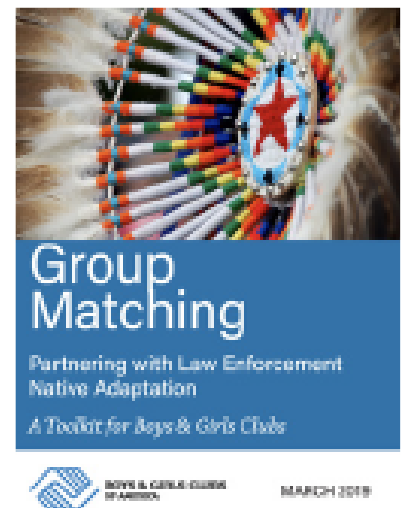
Healthy Habits promotes confidence and well-being for Boys & Girls Club youth aged 6-18. Designed to incorporate healthy living and active learning in every part of the Club Experience, Healthy Habits emphasizes good nutrition, regular physical activity and improving overall well-being. The program is the Mind component of Triple Play: A Game Plan for the Mind, Body and Soul. This targeted curriculum ensures kids and teens have a game plan for healthy eating. Healthy Habits curriculum provides appropriate activities for several age groups and builds on each other throughout the year. BGCA's Native Services has reviewed the Healthy Habits curriculum to provide Native Clubs with an adaptation of the curriculum that is more reflective of Native culture.



GROUP MATCHING PARTNERING WITH LAW ENFORCEMENT TOOLKIT

The Group Matching Partnering with Law Enforcement Native Adaptation Toolkit provides Native Clubs with guidance for planning and hosting group mentor-matching events in collaboration with local law enforcement agencies. These events are designed to bring youth and potential mentors together through shared activities that encourage relationship building, trust and meaningful interaction. By participating in group settings, mentors and mentees can get to know one another and identify opportunities for future one-on-one or group mentoring relationships. These events serve as valuable starting points for creating positive, youth-centered mentoring connections, allowing Native youth to have a voice in selecting the law enforcement officers they feel most comfortable working with as

mentors. As a supplement to existing BGCA mentoring resources, the toolkit supports Native Clubs in strengthening current law enforcement partnerships and using dialogue-based engagement strategies to develop impactful mentoring opportunities that benefit Native youth and their communities.



DIPLOMAS TO DEGREES

Diplomas to Degrees, a college readiness program, has been adapted to guide Native Club members as they work toward high school graduation and prepare for post-secondary education and career success. Diplomas to Degrees helps teens develop both short- and long-term goals, while familiarizing them with post-secondary education through experiences like college tours. The Native adaptation also assists youth in securing financial aid and fosters supportive relationships with adults who can provide support throughout the college experience.

