

YOUTH GUIDANCE

GUIDING KIDS TO BRIGHT FUTURES

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Becoming a Man (B.A.M.)

Established in 2001, **Becoming a Man (B.A.M.)** is Youth Guidance's counseling, mentoring, educational enrichment, and violence prevention program for male students in grades 7-12.

- Over 30 **weekly group counseling sessions**, B.A.M. helps students learn and practice:
 - Impulse control
 - Emotional self-regulation
 - Recognition of social cues
 - Developing a sense of personal responsibility and integrity

The after-school sports component reinforces conflict resolution skills and the social and emotional learning objectives of the in-school curriculum.

B.A.M. sessions can include:



- Role-playing
- Group exercises
- Field trips
- Problem-solving activities
- Group missions



Core Values

B.A.M. is grounded in research that shows a majority of Chicago youth homicides stem from impulsive behavior. This is consistent with research showing that social cognitive skills are predictive of a wide range of key life outcomes including school success and crime involvement.

Young men with risk factors such as suspensions, truancy, drug or alcohol abuse, gang involvement, and violence are referred to B.A.M.

The curriculum addresses **six core values**:

- Integrity
- Accountability
- Self-determination
- Positive anger expression
- Visionary goal setting
- Respect for womanhood



By promoting **positive psychological development**, building **resiliency**, and teaching **critical behavior skills**, B.A.M. helps students make better choices and achieve their goals.

BECOMING A MAN

INTEGRITY

A B.A.M. CORE VALUE

My values equal my actions.
I am a man of my word.



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BECOMING A MAN

ACCOUNTABILITY

A B.A.M. CORE VALUE

I am responsible for the consequences of my actions whether intended or unintended.
I take ownership for what I do and avoid projecting blame.



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BECOMING A MAN

SELF DETERMINATION

A B.A.M. CORE VALUE

I pursue my goals in the face of adversity.

I learn to conquer self-defeating thoughts and overcome obstacles.



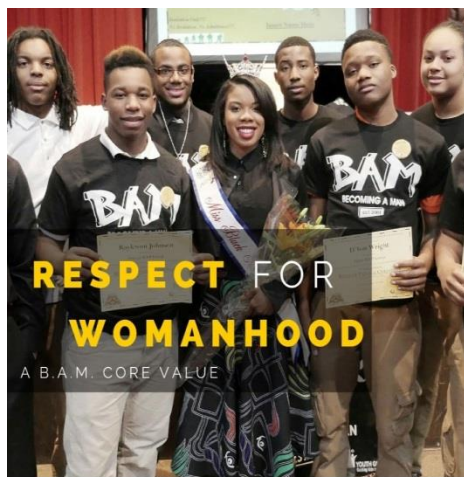
BECOMING A MAN

POSITIVE ANGER EXPRESSION

A B.A.M. CORE VALUE

I learn that anger is a normal emotion that needs to be expressed.

How I express my anger is a choice, whether as a savage or as a warrior.



RESPECT FOR WOMANHOOD

A B.A.M. CORE VALUE

I learn how my words and actions devalue women, including those I love.

I am more mindful and respectful in how I interact with women.

I strive to be a self-liberator and not an oppressor.



BECOMING A MAN

VISIONARY GOAL SETTING

A B.A.M. CORE VALUE

I create a vision for myself, for who I am, and how I want to be seen in the world.

I create a vision that is focused on making my community and the world a better place.

I set goals based on my vision and make responsible choices that help me achieve those goals.



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2014-15 School Year

- **2,185 students** have been served by **47 B.A.M. counselors**
- **183 B.A.M. groups** are operated at **43 CPS schools**
- **3,974 B.A.M. group sessions** held
- **473 B.A.M. students** have also received ***individual counseling***

B.A.M. students

- **62%** African American
- **35%** Latino
- **3%** White, Asian, Multiracial, or Other ethnicity
- **95%** eligible for free or reduced lunch

What does BAM want to achieve?

Outcome

Measure

Reduce destructive behaviors

- Violence
- Criminal behavior
- Disciplinary infractions



- Crime and school data relative to frequency of violence, suspensions, etc.

Increase school engagement



- Dropout rates
- Grades
- Promotion to next grade

Increase social emotional skills

- Emotional regulation
- Long-term internalization of BAM values that influence decision making



- Pre/post reports from student, BAM counselor, school, and family



Program Goals :

- B.A.M. participants will stay enrolled in school and on-track to graduate.
 - Result: 1.2% of B.A.M. students **dropped out of high school**, as compared to a 6.1% average dropout rate at their schools (2014).
 - Result: 92% of B.A.M. participants were **promoted to the next grade level** (2014).

- B.A.M. participants will experience social-emotional well-being
 - Result: 78% of B.A.M. participants **improved their score on the Developmental Assets Profile**.

- B.A.M. participants will be engaged in school and succeed academically
 - Result: B.A.M. participants had a 90.8% **attendance rate**, as compared to the 91.2% rate at their schools (2014).\
 - Result: Of B.A.M. students who received an in or out of school suspension during the 2012-13 school year, 51% received **fewer suspension days** during the 2013-14 school year.



Evidence Based Program

Results from a 2012 randomized controlled study by the University of Chicago Crime Lab showed that B.A.M.:

- Reduced **violent crime arrests** by 44%
- Reduced **weapons crime** and vandalism by 36%
- Increased future **graduation rates** by 10-23%
- Provided an ROI of up to 31 times the per student cost



An additional study is underway to study two year implementation.



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