ABOUT THE PROGRAM

Youth Guidance’s Becoming A Man® program (BAM®) is a school-based group counseling and mentoring program that guides young men in making positive choices and help them deal with their unique social and emotional struggles while staying engaged in school.

BAM integrates clinical theory and practice with a dynamic approach to youth engagement. BAM students learn and practice impulse control, emotional self-regulation, recognition of social cues and interpreting intentions of others, raising aspirations for the future and developing a sense of personal responsibility and integrity. Students who participate in BAM are more likely to stay in school, develop healthy relationships, and stay out of the juvenile justice system.

BAM IMPACT

- 50% reduction in violent crime
- 35% reduction in overall arrests
- 19% increase in on-time graduations

Up to $30 in societal gains for every $1 invested in BAM


BAM IN DALLAS

1919 McKinney Ave. Suite 100, Dallas, TX 75201 | Phone: 214.641.8111 | skinslow@youth-guidance.org | www.youth-guidance.org
The BAM Curriculum Emphasizes Six Core Values:

**INTEGRITY**
Students learn that a man is someone who is reliable, honest, either in touch with his virtues or finds his inner virtues, makes amends when he loses his direction and does what he says he is going to do.

**ACCOUNTABILITY**
Students learn that they should be responsible for the choices they make and take ownership of their feelings, thoughts and behaviors. A man can feel anger, sadness or fear, but he must own his reactions to those emotions.

**SELF-DETERMINATION**
Students learn the importance of focus and perseverance in reaching one’s goals. They learn to deal with self-defeating feelings, thought and behaviors that can become obstacles or barriers to achieving their goals.

**RESPECT FOR WOMANHOOD**
Students are challenged to take a critical look at the values an actions that represent positive experiences and appreciation for women. They learn appropriate and positive communication skills to begin using them for their interactions with women, thereby increasing respect for women of all ages.

**VISIONARY GOAL-SETTING**
Students learn to envision their futures and make clear connections between current behaviors, attitudes, values and visions. They seek to identify any traumas or faulty thinking that may cause them to respond in negative and destructive ways. They then learn how to heal themselves and direct energy toward achieving their vision.

**POSITIVE ANGER EXPRESSION**
Students learn anger management, coping skills and effective techniques to express anger. In turn, students may avoid negative consequences such as suspensions, arrests and damaged relationships.

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Student Success Story

*Name has been changed for confidentiality.

Kendrick W. | Senior | BAM Boston participant

I’ve been in BAM for three years now. My life over the last six months has been nothing short of up in the air, because of the pandemic, but with BAM it’s way easier for me and my family. My counselor checked in very often and always made sure my family and I were ok. Even with us in this pandemic, they still were here as if nothing had happened. The hardest challenge that I face, but have begun to overcome slowly, is being vulnerable in front of others. I often times struggle taking a deep dive and talking about the things going on in my life, but BAM has made it so I don’t feel like I have to carry this burden alone and keep quiet. I can tell others now, that I feel safe and trust them. Instead of feeling that this is a sign of weakness, I’ve begun to realize this is more a sign of strength and that I am in touch with my feelings.