

The Becoming A Man program empowers young men to develop the social and emotional skills needed to thrive.

BAM is a school-based group counseling and prevention program that creates a safe space for young men in 6th-12th grades to express themselves and develop the social and emotional skills necessary to succeed in school and beyond.

WHY BAM WORKS



IT'S AN EVIDENCED-BASED PROGRAM

that is backed up by a Randomized Controlled Trial (RCT) conducted by the University of Chicago's Urban Labs.



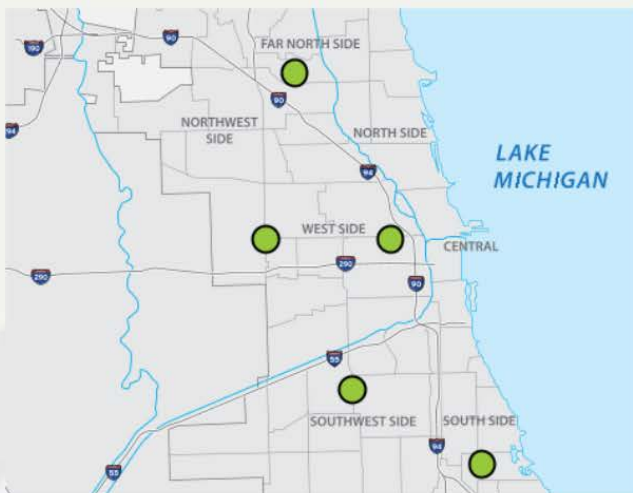
IT INTEGRATES CLINICAL THEORY AND PRACTICE

men's rites of passage work, and a dynamic approach to youth engagement.



IT DELIVERS ON OUR MISSION

of "meeting students where they are," by providing ongoing basic, social-emotional, and mental health supports to our students.



BAM IN CHICAGO

Founded in 2001, BAM aims to serve over 4,500 participants across 78 schools in Chicago's south, north and west side neighborhoods this school year. The program also serves participants in Waukegan, IL and Chicago's south suburbs.

HOW BAM WORKS

- ▶ Delivered via weekly 50 minute group counseling sessions in "Circles" of 12-15 students during the school day.
- ▶ Circles are led by BAM counselors, who are college-educated and Youth Guidance staff, many of whom are from the neighborhoods they work in and/or have shared lived experiences.
- ▶ Counselors maintain a caseload of ~55 students or 4-6 BAM Circles at one school and are accessible to students for individual sessions to ensure that all students' needs are met.
- ▶ Counselors embed themselves into our partner sites' ecosystem by joining school teams, including Behavioral Health Teams, and provide a level of student support that is uncommon in many urban school environments.

BAM CORE VALUES

BAM's curriculum is organized around six core values, which are explicitly aligned with academic-based social-emotional learning standards that include self-awareness, self-management, social-awareness, and responsible decision making.

→ **INTEGRITY**

Students learn that a man is someone who is reliable, honest, and in touch with his virtues.

→ **ACCOUNTABILITY**

Students learn that they should be responsible for the choices they make and take ownership for their feelings, thoughts and behaviors.

→ **SELF-DETERMINATION**

Students learn the importance of focus and perseverance in reaching one's goals and learn to deal with self-defeating feelings, thoughts and behaviors.

→ **POSITIVE ANGER EXPRESSION**

Students learn anger management, coping skills and effective techniques to express anger.

→ **RESPECT FOR WOMANHOOD**

Students are challenged to take a critical look at the values and actions that represent positive experiences and appreciation for women.

→ **VISIONARY GOAL-SETTING**

Students learn to envision their futures and make clear connections between current behaviors, attitudes, values and visions.



To learn more about the BAM program in Chicago, please scan the QR code or email info@youth-guidance.org.

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GUIDANCE**
GUIDING KIDS TO BRIGHT FUTURES

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“**MY SONS BEGAN THE PROGRAM AS 6TH GRADERS THIS FALL AND IT HAS BEEN TRANSFORMATIVE—REACHING THEM IN A WAY THAT OTHER GROUP PROGRAMS AND PRIVATE THERAPIES HAVE NOT.**

Both boys now regularly discuss their goals for the future and their personal responsibilities. Their teachers report a transformation of their behavior within the classroom and we have experienced the same at home.”

– PARENT OF BAM SCHOLARS