

Boys & Girls Club of Lethbridge

EVALUATION REPORT YEAR 1

Written by the Students Commission of Canada

Project Description

The Boys and Girls Club of Lethbridge (BGCL) is a non-profit organization dedicated to providing a safe and positive environment for children and youth in the Lethbridge community, located in Alberta, Canada. Their mission is to inspire, support, and empower young people to reach their full potential as responsible, productive, and caring citizens. The BGCL offers a range of programs and activities aimed at promoting the physical, emotional, and social development of children and teenagers. These programs may include after-school activities, sports, arts and crafts, leadership development, and educational support.

By providing a variety of opportunities for growth and learning, the Boys and Girls Club of Lethbridge strives to foster a sense of belonging and self-esteem among the youth they serve. They also prioritize building strong relationships with the local community and families, as these partnerships are essential to ensuring the success and positive impact of their programs.

Highlights (Executive Summary)

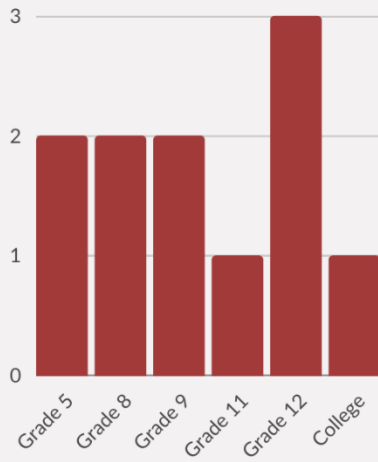
The Boys & Girls Club of Lethbridge partnered with the Students' Commission of Canada (SCC) to evaluate their day and evening programs. Their goal is to expand services in increasing academic skills, high school graduation rates, life-skill development, and access to post-secondary education for youth through the Raise the Grade program.

The program was evaluated through a survey distributed at the end of the Head, Heart, Feet, Spirit questionnaire. The evaluation aimed to assess the participants' academic success, mental wellness and growth since entering the program.

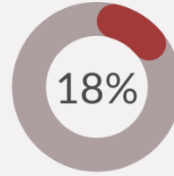
Results indicated that the Boys & Girls Club of Lethbridge successfully provided an enjoyable program that increased confidence in youth's academic success and grades. Mentoring relationships were perceived positively by the youth, as they were able to build healthy and close relationships. The Boys & Girls Club of Lethbridge program showed promise in enhancing life satisfaction and mental health knowledge among youth.

Demographics

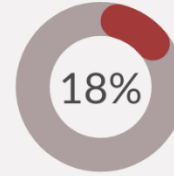
Grade/Education Level



Born in a country other than Canada



Parents born in a country other than Canada



Cultural and Racial Groups

White 45 %
 Indigenous 36 %
 Black/Person of Colour 18 %
 Not Sure 18 %

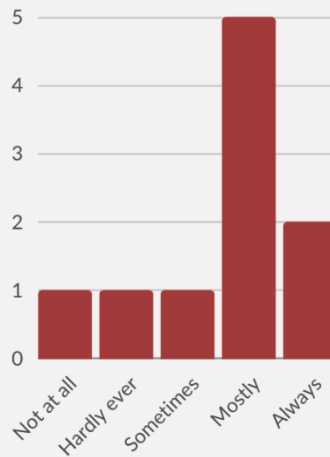
Gender

Boy/Man 36 %
 Girl/Woman 27 %
 Non-Binary 27 %
 Genderqueer 18 %

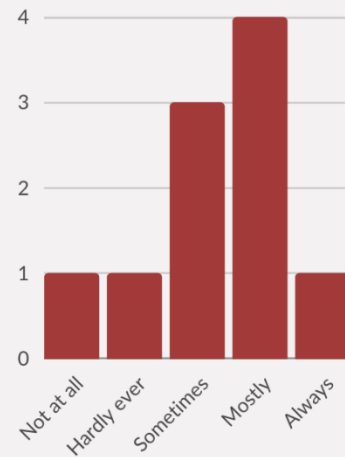
Sexual Orientation

Heterosexual 36 %
 Bisexual 27 %
 Lesbian 9 %
 Queer 9 %
 Questioning 9 %
 Asexual 9 %
 Pansexual 9 %

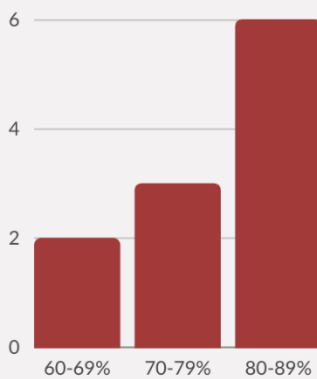
Do you have enough money to meet your basic needs?



Do you have enough money to do the fun things you'd like to do?



Marks

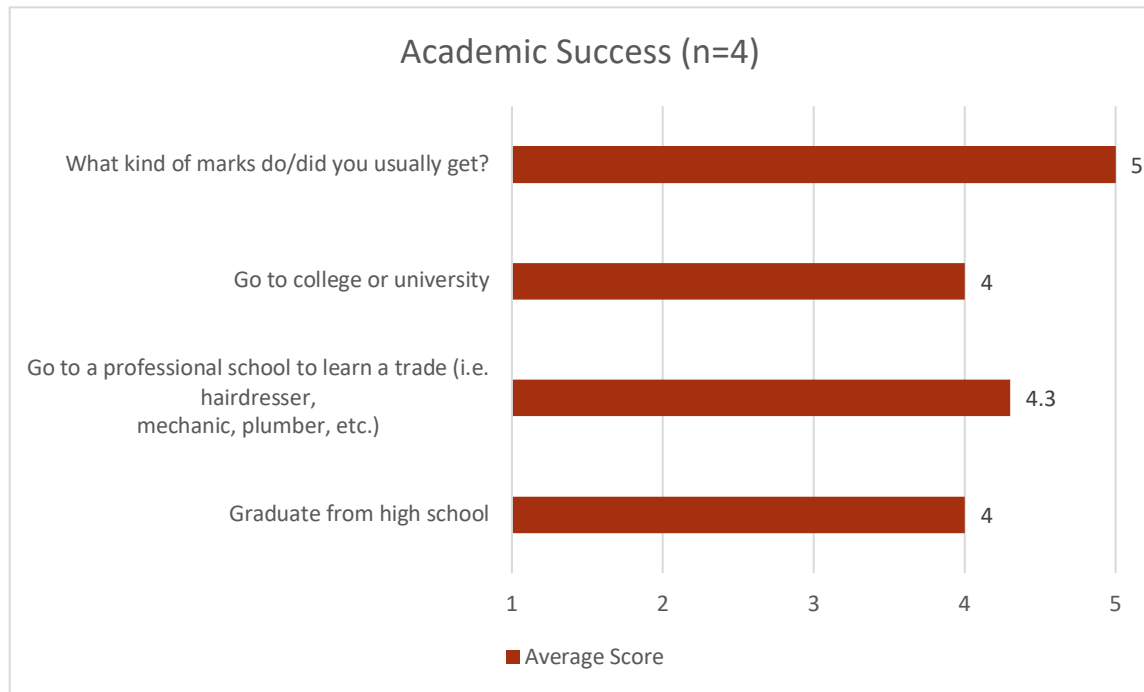


Ethnicity

North American 72 %
 First Nation/Metis 27 %
 Northern/Western European 36 %
 South East Asian 9 %
 Caribbean 9 %

Academic Success

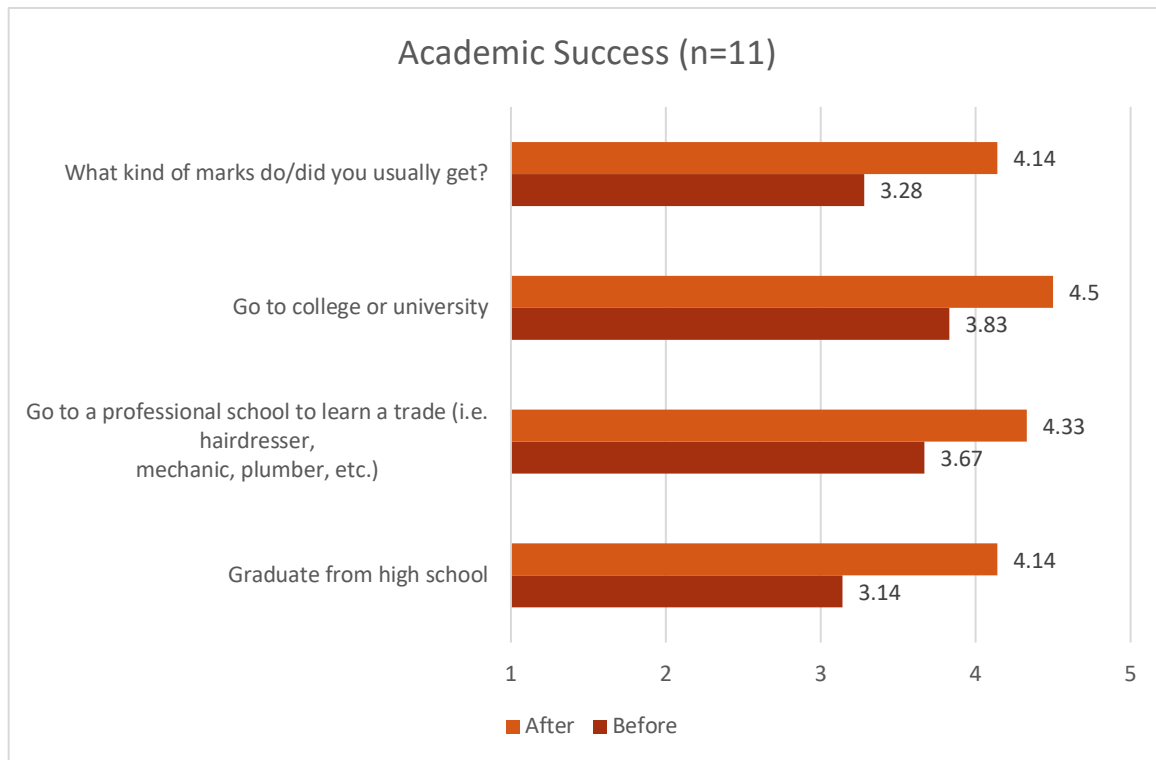
At the conclusion of the first year, a survey assessed the academic success of the participants. The survey consisted of 3 questions utilizing a scale of 1 (Very Low) to 5 (Very High), and 3 questions regarding demographics and future plans. The last questions utilized a scale of 1 (below 50%) to 6 (90%-100%). Two questions are not displayed since they were demographics.



- The results indicate that youth participants believed they have high chances of graduating and pursuing post-secondary. The results also indicate that most youth usually get marks between 80-89%. The results suggest that youth were motivated to pursue academic success.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Academic Success Before & Now

Participants also filled out a post-retrospective survey, which asked them to reflect on their academic success before and after joining the program. The overall average was 3.53 out of 5 at the beginning of the program, and 4.32 out of 5 at the end of the program. This indicates that the program helped youth with their academic achievements and success. The graph below displays the averages for the survey at both timepoints (before and after the program).

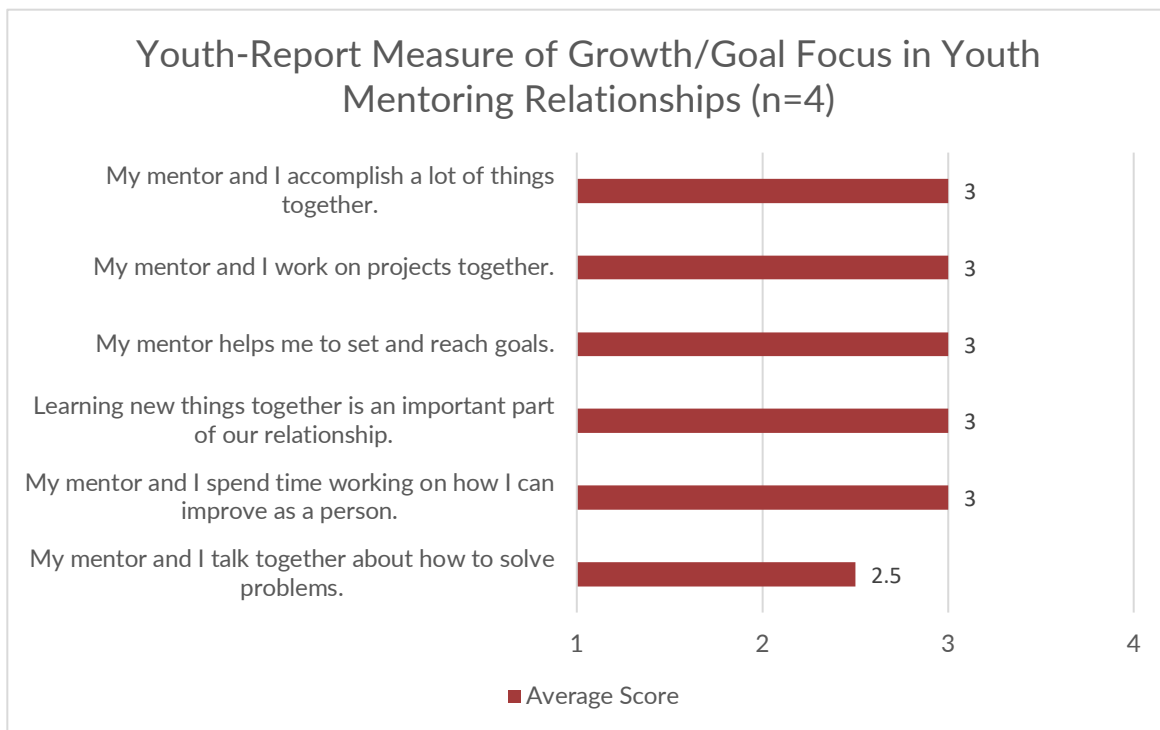


- The results illustrate a slight increase between the beginning and end of the program, indicating that youth believed more in their ability to finish high school and further their education. It also indicated that the majority of youth's grades increased from 60-69% to 70-79% since beginning the program.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Youth-Report Measure of Growth/Goal Focus in Youth Mentoring Relationships

At the conclusion of the first year, the Youth Report Measure of Growth/Goal Focus in Youth Mentoring Relationships survey was administered to assess the program's effectiveness in mentoring youth. A total of 4 participants completed the survey, which consisted of 6 questions. The survey utilized a Likert scale, with participants providing responses ranging from 1 (Very False) to 4 (Very True).

The graph below illustrates the participant's average for each question of the survey. The overall average score was 2.92 out of 4.



- The results indicate a high level of agreement towards their mentor's involvement in their growth.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Youth-Report Measure of Growth/Goal Focus in Youth Mentoring Relationships Before & Now

Participants also filled out a post-retrospective survey, which asked them to reflect on their mentoring relationships before and after joining the program. The graph below illustrates the participant's average for each question of the survey. The overall average score for the beginning of the program as was 2.95 out of 4 and at the end of the program, 3.67 out of 4. This indicates a slight increase since joining the program, which means that youth developed close and healthy mentoring relationships.

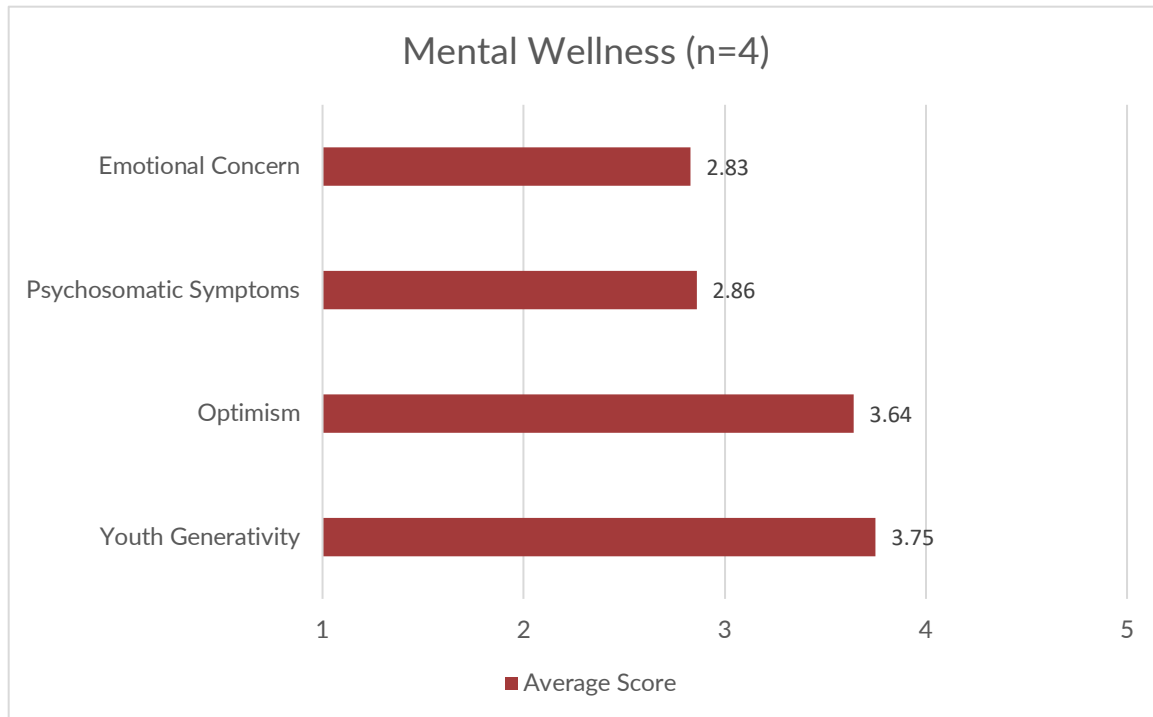


- The results indicate that youth mentoring relationships increased since joining the program.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Mental Wellness

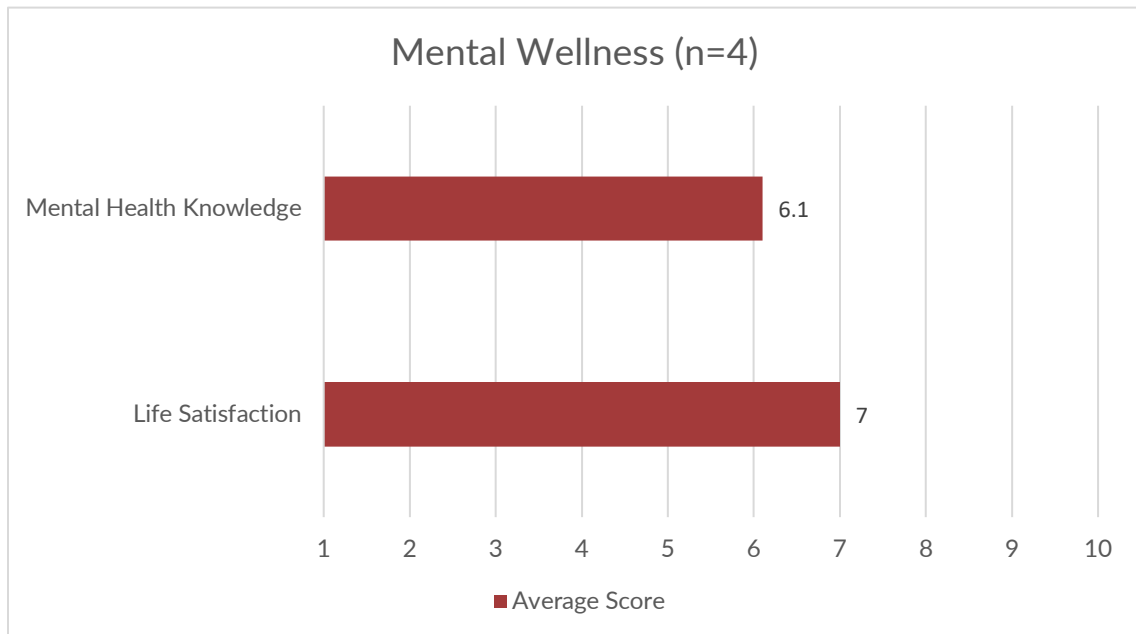
At the conclusion of the first year, the Mental Wellness survey was administered to assess the program's effectiveness in mentoring youth. A total of 4 participants completed the survey, which consisted of 37 questions.

The survey utilized a Likert scale, with participants providing responses ranging from 1 (Strongly Disagree, About Every Day, Never) to 5 (Strongly Agree, Rarely or Never, Always). The graph below illustrates the participant's average for the Youth Generativity and Optimism modules, Psychosomatic Symptoms, and Emotional Concerns.



- The results indicate a high level of agreement towards helping the next generation, however, they reported medium level of agreement of optimism in their future. Meanwhile, youth reported that in the past six months they have felt, on average, more than once or week or about every week a psychosomatic symptom such as headaches, dizziness, etc. Moreover, youth reported having emotional concerns, on average, seldom or quite often in the past week.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

The graph below illustrates the participant's average for the Life Satisfaction and Mental Health Knowledge modules. The survey utilized a Likert scale, with participants providing responses ranging from 1 (Very Little, Worst) to 10 (A Lot, Best).

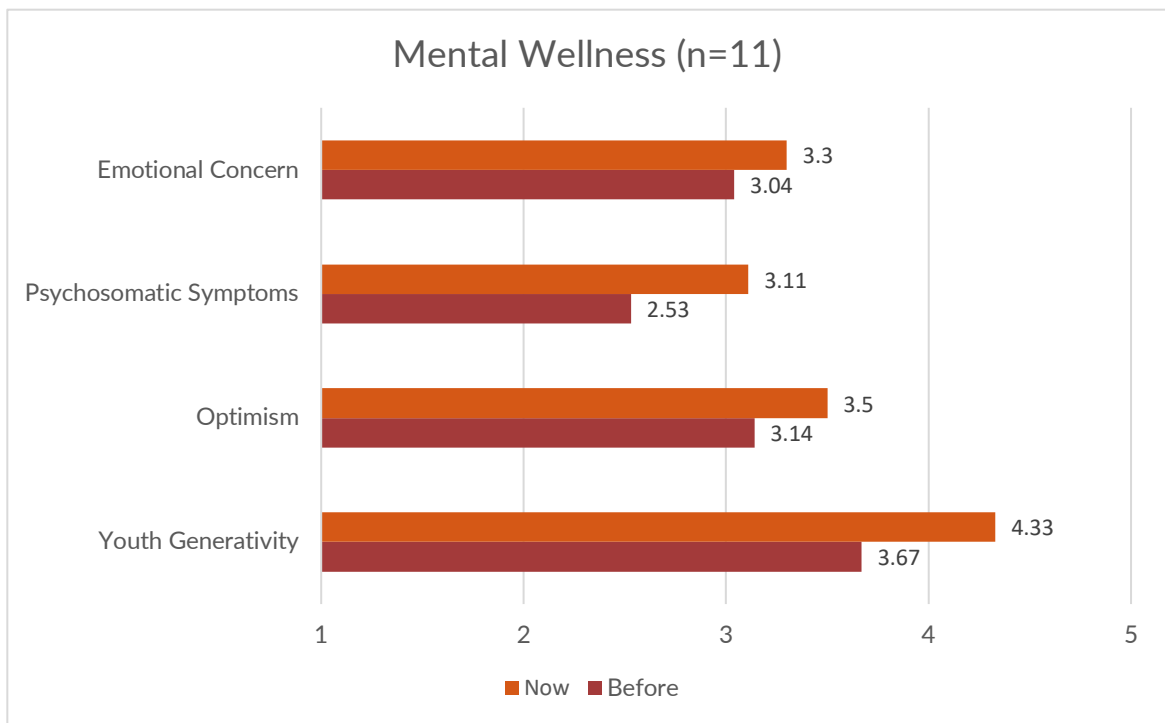


- The results indicate that youth perceived that their knowledge was in between a little and a lot. Meanwhile, life satisfaction was reported as medium to high.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Mental Wellness Before & Now

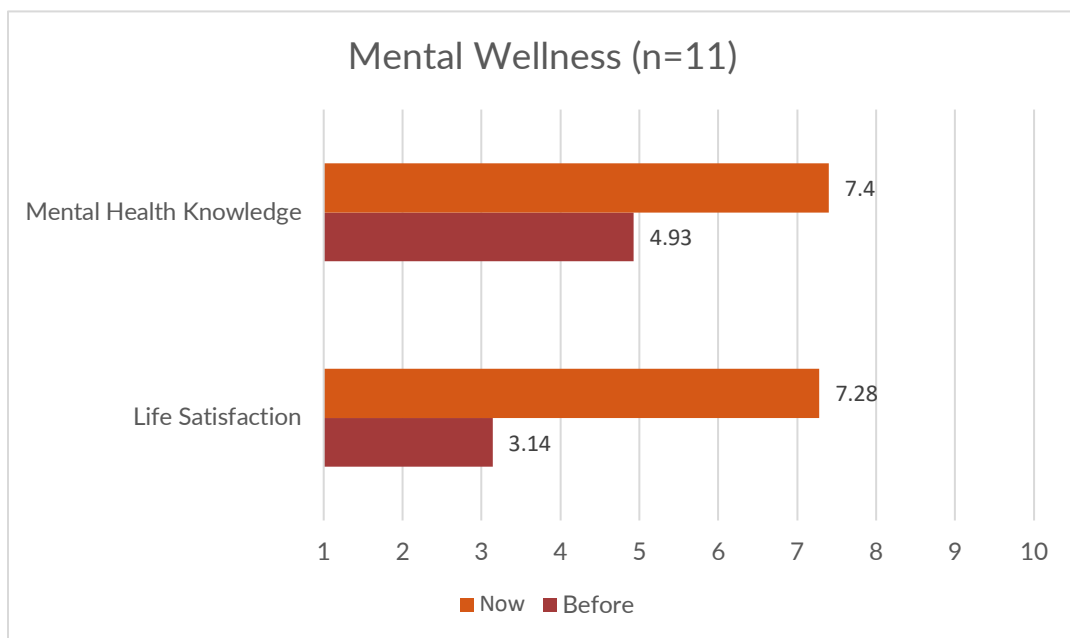
At the conclusion of the first year, the Post-retrospective Mental Wellness survey was administered to assess the participants mental wellness since entering the program. A total of 11 participants completed the survey, which consisted of 37 questions.

The graph below illustrates the participant's average for the Youth Generativity and Optimism modules, Psychosomatic Symptoms, and Emotional Concerns. The survey utilized a Likert scale, with participants providing responses ranging from 1 (Strongly Disagree, About Every Day, Never) to 5 (Strongly Agree, Rarely or Never, Always).



- Results indicate the youth reported higher level of generativity and optimism after the completion of the program. Moreover, the youth reported less psychosomatic symptoms, and similar emotional concern since the beginning of the program.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the

The survey utilized a Likert scale, with participants providing responses ranging from 1 (Very Little, Worst) to 10 (A Lot, Best). The graph below illustrates the participant's average for the Life Satisfaction and Mental Health Knowledge modules.



- The results indicate an increase in life satisfaction and mental health knowledge since the beginning of the program.
- It is important to note that without more participants we cannot conclude statistically significant results. However, the insights gathered from the responses still provide valuable feedback and it offers meaningful perspectives on the youth's experience of the program.

Head, Heart, Feet, Spirit

13 youth participants answered the HHFS questionnaire to assess the programs of BGCL. This section is divided into four sections. Head will reveal what the youth learned, and Heart will reveal how they felt about what they learned. Meanwhile Feet will reveal what they intend to do with this new knowledge, and Spirit refers to how they connected to it.

Head

The youth participants learned a variety of new skills since joining the program. They discussed how they learned how to make friendship bracelets, cheesecake, glow in the dark paint, marble paper and borax crystals. Others learned how to code, spell, do embroidery, and volunteer. Other learned that things about themselves such as their ability to do math, etc.

Heart

The youth participants discussed that they felt good, amazing, great or even very good about what they learned from the program. The program helped benefit their mental well-being. Therefore, the program was able to provide a fun programming that made youth feel positive about themselves.

Feet

The youth discussed that they would take action in the following ways: make more of the things they learned to do (bracelets, cheesecakes, marble paper, etc.), teach others, or use their newly acquired knowledge in their everyday life. Hence, the program was able to encourage the youth to continue growing and learning more. Youth also seemed more eager to engage in their communities.

Spirit

The youth participants discussed that they connected well or that they connected by communicating with others. Therefore, the program fostered a sense of connectedness among youth. The program helped youth develop close and meaningful friendships with their peers and mentors.

Feedback

The youth participants said that they wanted the staff to know that they had an enjoyable experience and would attend the program again. They were grateful for their experience and the things they gained from it.



**Boys & Girls Club
of Lethbridge & District**

Discussion and Conclusion

The Boys and Girls Club successfully provided a space where youth could grow, heal and achieve academic success. The survey results show a positive trend in the participants' perception of their academic success. The increase after beginning the program indicates that youth participants believed more in their ability to graduate and further their education. Additionally, most participants reported an improvement in their grades, moving from the 60-69% range to the 70-79% range since joining the program.

In addition, the youth reported a high level of agreement regarding their mentor's involvement in their growth. This suggests that the mentoring relationships had a positive impact on the youth's personal development and goal-oriented focus.

Moreover, youth felt a strong sense of generativity and a desire to help the next generation, they reported a medium level of agreement regarding optimism in their own future. Meanwhile, the post-retrospective Mental Wellness survey showed a slight increase in generativity and optimism levels since beginning the program, suggesting that the program had a positive impact on their sense of purpose and hope for the future. Moreover, the participants reported similar levels of emotional concern since joining the program, they reported fewer psychosomatic symptoms, indicating a potential positive influence on their mental well-being. Similarly, life satisfaction was reported as medium to high, and the participants perceived their mental health knowledge as being between a little and a lot, indicating that the program may have contributed positively to their overall well-being.

Therefore, the survey results point towards positive outcomes and improvements in various aspects of the participants' lives after engaging in the Boys and Girls Club of Lethbridge mentoring program. However, it is essential to acknowledge that due to the sample size, we cannot conclude statistically significant results. Nevertheless, the findings provide valuable insights into the program's potential impact and the experiences of the youth involved.

From the HHFS, the youth learned a lot of new things such as arts and craft or life skills they want to further explore. From youth's perspective, the program was an enjoyable and positive experience.

In conclusion, The Boys and Girls Club of Lethbridge successfully fostered a fun environment where youth could learn and grow. The results indicated that participants had increased confidence in their academic success and reported improved grades since joining the program. Mentoring relationships were perceived positively by the youth, suggesting the program's positive influence on personal growth. The surveys revealed some varying levels of optimism and reported psychosomatic symptoms and emotional concerns among participants. The program showed promise in enhancing life satisfaction and mental health knowledge.