ABOUT YOUTH GUIDANCE

Youth Guidance creates and implements school-based programs that enable children to overcome obstacles, focus on their education, and, ultimately, to succeed in school and in life.

Our flagship programs, Becoming A Man (BAM) and Working On Womanhood (WOW), provide culturally responsive, trauma-informed group counseling and mentoring that help 6th-12th grade students build resilience and healing.

OUR CHALLENGE

Only 16% of all American children receive any mental health services, and of those receiving care, over 70% receive that care in a school setting. And an estimated 14 million American students attend schools with no nurses, counselor or mental health staff.

WHAT WE BELIEVE

Youth Guidance believes that no matter the challenges a young person faces, they are more likely to succeed when they have a caring adult in their lives and when they are empowered to recognize and act upon their own talents and strengths.

WE BELIEVE:

RELATIONSHIPS MATTER
WE BELIEVE IN THE POTENTIAL OF ALL YOUTH

OUR APPROACH IS HOLISTIC
BEING OUR BEST IS AN ONGOING PROCESS

OUR NATIONAL FOOTPRINT

15,000+
YOUTH SERVED EACH YEAR
90%
OF STUDENTS ARE LOW-INCOME

STUDENT DEMOGRAPHICS

- 59% BLACK
- 31% HISPANIC
- 10% CAUCASIAN/OTHER

Located in 200 schools around the country:

BOSTON           LOS ANGELES
CHICAGO          GREATER PITTSBURGH
DALLAS           GREATER SEATTLE
KANSAS CITY      WASHINGTON D.C.

STAY IN TOUCH

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BECOMING A MAN (BAM)®

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 guides young men in 6th–12th grades to make responsible decisions for their future and become positive members of their school and community.

BAM integrates clinical theory and practice, men’s rites of passage work, and a dynamic approach to youth engagement.

BAM’S IMPACT

A Randomized Control Trial conducted by the University of Chicago Crime Lab showed that the BAM program is highly effective in addressing the sort of impulsive, automatic responses that can lead to violence.

- 96% of students report that BAM has helped them identify ways to improve their performance in school
- 93% of students had fewer suspensions after enrolling in BAM

WORKING ON WOMANHOOD (WOW)®

The Working On Womanhood program empowers young women to own their narrative and become advocates for the world they want to live in.

WOW is a school-based, trauma-informed group counseling program that improves the social-emotional competencies for girls in 6th–12th grades who are exposed to traumatic stressors in under-resourced communities.

The WOW curriculum is informed by cognitive-behavioral therapy, acceptance commitment therapy, and narrative therapy.

WOW’S IMPACT

A Randomized Control Trial was recently conducted by University of Chicago Urban Labs that showed significant reductions in the effects of PTSD in girls’ everyday lives, there was also a significant decrease in measures of anxiety and depression for girls.

- 64% of WOW students experienced fewer PTSD symptoms
- 71% of WOW students experienced fewer depression symptoms

EVOLVE

Youth Guidance’s Evolve program is a social-emotional learning (SEL) program designed to cultivate a district-wide culture of support and trauma-informed engagement by delivering training and resources to school-based staff to implement the most effective components of the organization’s most renowned programs – Becoming a Man (BAM) & Working on Womanhood (WOW). The Evolve program model creates the space for youth to thrive in a school ecosystem of supportive, emotionally attuned and culturally competent adults.