

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 LOS ANGELES

BAM was launched in 2011 after its success in Chicago and a careful mutual selection process with Los Angeles Unified School District (LAUSD) and Los Angeles County, BAM in 8 LAUSD middle and high schools in Fall 2020.

## 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 Los Angeles, please scan the QR code or email [info@youth-guidance.org](mailto:info@youth-guidance.org).

**YOUTH  
GUIDANCE**  
GUIDING KIDS TO BRIGHT FUTURES

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“**BAM GAVE ME CONFIDENCE AND HELPED ME FEEL BETTER ABOUT MYSELF AND WHAT I COULD DO, SOMEONE TO TALK TO AT SCHOOL, TO HAVE A CONNECTION TO, SOMEONE I COULD ASK THE QUESTIONS..**

**I can't ask my mom because I don't have a father figure, so it was like, those were the questions I could ask Erik. It was cool to have that male figure there for me to help me work through things I wasn't sure about.”**

**- BAM SCHOLARS**