

# BGCBIGS Virtual Programming

*Fall 2020*



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters  
of Edmonton & Area

To register, please visit: <https://bgcbigs.ca/virtual-registration/>  
For questions and concerns, contact: [Yuuki.ito@bgcbigs.ca](mailto:Yuuki.ito@bgcbigs.ca) / (587) 926 5213

\*all programs will take place in Google Meets

### Virtual Programming + Outcomes

Programs will be run online on Google Meets and will require a Gmail account.

Program Name:	Outcomes:	Success Will Look Like:
<b>Power UP*</b> (ages 6-12)	To empower students in academics. Students are invited to a positive environment supported by mentors and volunteer tutors in areas of academics, developing good habits and setting goals.	<ul style="list-style-type: none"> <li>- Develop a life-long interest in learning</li> <li>- Positive study habits</li> <li>- Increased confidence to succeed academically</li> </ul>
<b>Cool Moves*</b> (ages 6-12)	To exercise and eat healthfully. An activity and healthy eating awareness program designed to create a life-long appreciation for a healthy, active lifestyle by encouraging healthier eating choices, and engaging in more physical activity.	<ul style="list-style-type: none"> <li>- Develop a life-long appreciation for a healthy, active lifestyle.</li> <li>- Understanding of healthy eating choices</li> <li>- Willingness to engage in physical activity.</li> </ul>
<b>UPS Road Code</b> (ages 13+)	To become a safe driver. Program content focuses on safe driving principles and provides opportunities for youth to discuss ways to avoid risky behaviours such as distracted or impaired driving.	<ul style="list-style-type: none"> <li>- Develop safe driving skills</li> <li>- Develop an understanding of current road rules</li> <li>- Strengthen chances at passing driving tests</li> </ul>
<b>Let's Talk Digital</b> (ages 13+)	To develop digital literacy. Inform teens and youth about some of the dangers on the internet as well as how certain bodies and organizations in our society use the internet to gather, use and distribute our information.	<ul style="list-style-type: none"> <li>- Increase awareness and education on the positives and negatives of our digital world.</li> <li>- Practice safety online</li> <li>- Increased self-esteem and resiliency while engaging in a digital world</li> </ul>
<b>Torch Club*</b> (ages 10-13)	To empower youth in leadership. Monitored by a mentor, kids develop leadership skills and self-esteem in a respectful, diversified environment. Includes the opportunity to give back to others and gain a sense of responsibility that comes when people make their own decisions.	<ul style="list-style-type: none"> <li>- Develop self-esteem and various leadership skills</li> <li>- Develop an understanding of volunteerism</li> <li>- An expressed interest in the Keystone program (ages 14-18).</li> </ul>
<b>Youth Employment</b> (ages 13+)	To support youth in Employment. This employment readiness program focuses on developing soft skills such as resume writing, job searching, exploring career pathways, and an opportunity to gain employment.	<ul style="list-style-type: none"> <li>- Job skill development and readiness</li> <li>- Job searching skills</li> <li>- Employment after programming</li> </ul>
<b>Dungeons and Dragons</b> (ages 13+)	To have fun in a group. Youth are invited to join an evening of table top, role-playing games. Staff will lead a campaign of Dungeons of Dragons, guiding youth as they conjure an adventure of problem-solving, teamwork and creative thinking.	<ul style="list-style-type: none"> <li>- Increased self-confidence and teamwork ability</li> <li>- Increase sense of belonging</li> <li>- Expression of enjoyment</li> </ul>

\* Programs offered in the early afternoon are intended for students engaged in online learning.

## Virtual Programming Calendar

	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 – 12:30					
12:30 – 1:00					
1:00 – 1:30				<b>Cool Moves</b> *Intended for online learners (ages 6-12)	
1:30 – 2:00	<b>Power UP!</b> *Intended for online learners (ages 6-12)				
2:00 – 2:30					
2:30 – 3:00		<b>Torch Club</b> *Intended for online learners (ages 10-13)		<b>Let's Talk Digital</b> (ages 13+)	
3:00 – 3:30					
3:30 – 4:00			<b>Power UP!</b> (ages 6-12)		
4:00 – 4:30		<b>Let's Talk Digital</b> (ages 13+)			<b>UPS Road Code</b> (ages 14+)
4:30 – 5:00					
5:00 – 5:30				<b>UPS Road Code</b> (ages 14+)	
5:30 – 6:00					
6:00 – 6:30	<b>Cool Moves</b> (ages 6-12)	<b>Youth Employment</b> (ages 13+)	<b>Torch Club</b> (ages 10-13)		<b>Dungeons and Dragons</b> (ages 13+)
6:30 – 7:00					
7:00 – 7:30					
7:30 – 8:00					

## Things to Note:

### Outcomes of Online Programming:

**Immediate outcomes:** Through positive engagement with groups, children and youth experience emotional safety as well as a sense of belonging. They learn about healthy living and develop positive healthy relationships.

Over time, this helps children and youth develop self- and social-awareness, improves their self-management and relationship skills, and helps them make responsible decisions.

**Long term outcomes:** In the long term, children and youth will have increased resiliency, be healthy and active participants in society, and transition successfully to adulthood.