



Big Brothers Big Sisters
of South-West Durham

SWITCH GEARS

BIG BROTHERS BIG SISTERS OF SOUTH-WEST DURHAM'S
NEW PILOT PROGRAM

WHO WE ARE

Big Brothers Big Sisters of South-West Durham (BBBSSWD) has been providing life-changing mentorship programming in the Durham Region since 1973. We service children and youth ages 6-16 from Ajax, Pickering, Oshawa and Whitby who are considered marginalized and at risk, facing obstacles such as mental health, developmental, and behavioural issues. Our programs lead to increases in confidence in school and the belief that school is fun and important, as well as reductions in bullying/fighting/lying behaviours and peer pressure-related anxiety.

Our vision is that every child in Durham who needs a mentor, has a mentor.

1,200



Youth serviced in
2017

173



Volunteer mentors in
2017

THE PROGRAM

Switch Gears is a new group mentorship program introduced in September of 2017. Our program supports the positive and healthy development of male youth ages 12-14 through activities that focus on understanding what it means to be a man in today's world. The goal of this program is to decrease the likelihood of bullying, violence and self-harm while working to be resilient young men in a world full of potential stressors. To date, 48 male youth have participated in this program and we will continue to deliver it in Fall 2018.

PROGRAM

OBJECTIVES



GENDER SOCIALIZATION

Build awareness of gender stereotypes and constructed male norms and increase understanding of the impact they have on male health and well-being, to redefine masculinity in today's world.



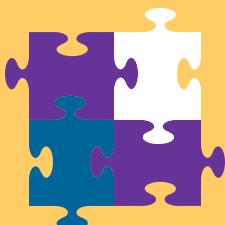
HEALTHY RELATIONSHIPS

Understand components of healthy relationships (empathy, boundaries, power, kindness, trust and respect) and to encourage health decision-making in relationships.



MENTAL HEALTH

Gain knowledge of mental health issues facing young men and build confidence to seek support, to promote willingness to connect with mental health services and cope with stressors.



PROBLEM SOLVING

Develop problem solving skills, to promote critical thinking, leadership skills, effective communication and healthy relationships.



BYSTANDER MODEL

Gain an understanding of the bystander model, to encourage participants to become active, safe bystanders in the community with peers.



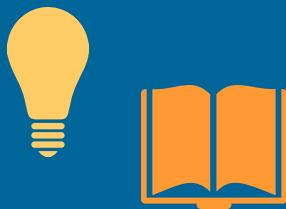
SELF-AWARENESS

Learn about the self in relation to weekly topics, to allow participants to reflect on their role as young men in today's society.

PROGRAM IMPLEMENTATION

Need Identification

We identified a gap in male-focussed youth services in South-West Durham.



Initial Program Rollout

We introduced Switch Gears at two high-risk schools in South-West Durham.

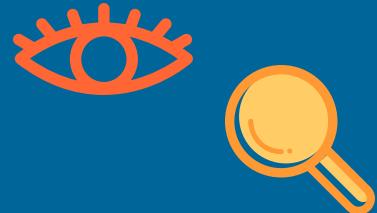


Pilot

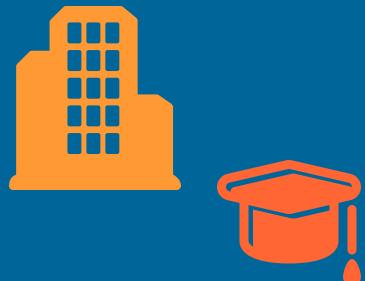
Program Evaluation

We analyzed program data to determine program effectiveness.

SPRING
2016



SEPT.
2017



JAN.
2018

Subsequent Program Rollout

We introduced Switch Gears at three more high-risk schools in South-West Durham.

JULY
2018



INITIAL FINDINGS

After completing Switch Gears:



81% of participants reported being able to tell when something is bothering them



76% of participants reported that they would try to stop a fight, even if others thought they were weird



76% of participants reported that it is not weak for guys to show emotions



95% of participants reported that it is not okay to use violence to solve problems



81% of participants reported that it is not okay to use violence to express feelings

70% of participants reported feeling hopeful about the future

OVERALL INCREASE IN:

- (↗) Participants' self-awareness of the impact of violence on themselves
- (↗) Participants' respect for themselves to set limits and to end an unhealthy relationship

OVERALL DECREASE IN:

- (↘) Participants' bullying behaviours
- (↘) Participants' acceptance of yelling or hurting others when bothered

WHAT OUR PARTICIPANTS ARE SAYING

"I LEARNED
HAPPINESS!!!!"

"I WILL STOP USING
VIOLENCE"

"I LEARNED THAT
EMOTIONAL THINGS STAY
WITH YOU"

"I LEARNED STUFF THAT
HELPS ME AS A PERSON
AND THE SOCIETY"



**"I LEARNED TO BE MYSELF NO MATTER
WHERE OR WHEN"**

"I LEARNED HOW TO DEAL
WITH ANGER"

"I WILL SHOW OTHERS I
WILL STAND UP FOR THEM
MORE"

"I LEARNED HOW TO HAVE
FUN WITH PEOPLE"

"I LEARNED THAT I CAN
SHOW MY FEELINGS"



**"I LEARNED THAT MEN AND WOMEN HAVE THE
SAME RIGHTS AND THAT EVERYONE IS EQUAL"**



THANK YOU TO OUR PROJECT PARTNERS



Connect • Support • Innovate



Giving kids a sporting chance.



of South-West Durham

MADE IN
Canva