



ONE CIRCLE
FOUNDATION

We are all connected.

Girls Circle and
The Council for Boys and Young Men
THEORY & JUSTIFICATION

ONE CIRCLE FOUNDATION MISSION

One Circle Foundation promotes resiliency and healthy relationships in children and youth, families, adults, and communities by offering circle models that transform lives.

One Circle Foundation recognizes that healthy relationships are the core element to a healthy individual, family, society, and world. We envision a world with an available and accessible “circle for every girl and young woman, and a council for every boy and young man.”

We offer training, consultation, and a comprehensive range of manualized curricula to equip educators and service providers to implement research-based circle program models and best practice evidence-based approaches to increase capacities and support the healthy development of boys and young men, girls and young women.

In the following pages, we describe:

- Description of the Models
 - Girls Circle®
 - Addresses Risk Factors for Girls
 - The Council for Boys and Young Men®
 - Addresses Risk Factors for Boys
- Best Practices Approaches that Integrate Evidence-Based Principles
- Who the Models Serve
- How Girls Circle and The Council for Boys and Young Men Serve Educational Goals
- Expected Outcomes and Advantages to School Staff
- Evidence and Outcomes
 - Girls Circle: Research, Evaluation and Evaluation Tool Kit
 - The Council for Boys and Young Men: Outcome Studies, Evaluation; Evaluation Packet

DESCRIPTION OF THE MODELS



Girls Circle® is a research-based, female-responsive support group program for girls, 9-18 years, regardless of risk factor. The purpose of Girls Circle is to encourage the development of strength, courage, confidence, honesty, and communication skills for all girls. Girls Circles are uniquely positioned to address and challenge cultural messages that limit and distort girls' self-image, and provide a female-responsive rites of passage process to support identity development.

- Structured groups of 6-10 girls meet once weekly for 1.5 -2 hours with one-two certified, trained female facilitators
- Relational-Cultural theory recognizes the central role of relationships in girls' development; healthy, safe relationships are key assets that promote girls' healthy development and decision-making
- Stimulates emotional regulation in a supportive way that establishes caring relationships with peers and adults
- Topics and activities follow a consistent six step format to promote resiliency, build upon assets and skills to increase protective factors and reduce risks.
- Increases awareness of and challenges to gender-based assumptions that can limit and distort girls' identities, goals and dreams.

ADDRESSES RISK FACTORS FOR GIRLS:

- Many girls experience relational harm through traumas such as bullying and harassment, domestic violence, abuse, neglect, family substance abuse, and/or unsafe environments that interfere with their growth.
- Key risk factors for female delinquency include risks that are common to both boys and girls, yet tend to affect girls in more severe ways during adolescence, especially those factors related to family conditions and relationships. Risk factors for girls are: *family dysfunction such as harsh or inconsistent discipline, domestic violence, trauma and sexual abuse/violence and victimization, mental health and substance abuse problems of their own or their families', high-risk sexual behaviors, early maturation, and academic problems. Poverty, disadvantaged neighborhoods and schools further increase girls' vulnerability to school problems, truancy, and violence.*¹
- Protective factors: Girls Circle studies show significant increases in girls' attachment to school, self efficacy and social support (see Evidence section below). Protective factors at school develop through promotion of four elements: caring adults, positive, caring peer groups, commitment to education, and safe, engaging environments². Girls Circle's resiliency-focused approach and activities are proven strategies toward school-connectedness.



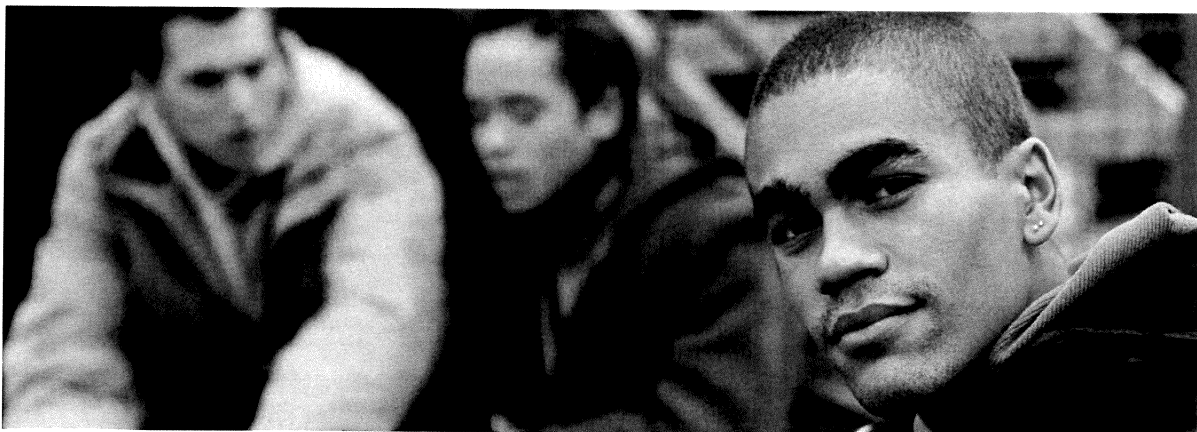
The Council for Boys and Young Men® promotes healthy masculinity development in boys and young men, ages 9-18 years of age regardless of risk factor.

The group model empowers boys and young men to find belonging, build assets and deconstruct rigid masculinity beliefs — the “boy code”— on their journey to manhood.

- Structured groups of 6-10 boys meet once weekly for 10 weeks (or more) with one-two certified, trained facilitators 1.5 - 2 hours per session
- Exploration of relevant topics and experiential activities follow a consistent seven step format that is engaging and fun.
- Challenges myths and stereotypes, questions unsafe attitudes about masculinity
- Encourages respectful behavior and personal and collective responsibility.
- Integrates a comprehensive strengths-based approach centered upon the relational-cultural framework, incorporating adolescent male brain development, trauma-informed, and offering a rites of passage process.

ADDRESSES RISK FACTORS FOR BOYS:

- Rigid masculinity beliefs and norms are harmful to the health, safety, relationships, and opportunities of boys and young men.
- These beliefs lead to heightened violence, school drop-outs, physical and sexual risk-taking, substance abuse, sexual violence, crime, and accidents amongst teen boys.ⁱⁱⁱ
- Marginalized youth, families and communities are impacted by these risks at greater rates.
- For marginalized boys, *violence is the primary pathway* into the school-to-prison pipeline and the juvenile justice system.
- The Council meets a male gender-specific need by addressing and challenging harmful masculinity beliefs and norms and supporting boys in developing safe, healthy identities.





BEST PRACTICE APPROACHES THAT INTEGRATE EVIDENCE-BASED PRINCIPLES

- Strengths-Based and Asset Development Strategies; approaches that target resiliency and protective factors, in addition to stimulating moral reasoning through experiential activities and guided discussions. This approach, now being adopted by several states' education departments as a developmentally-appropriate approach, is recognized for its effectiveness in engaging school-aged youth.
- Motivational Interviewing, a core approach of the behavioral health sciences field, is applied to a group context to further elicit critical thinking and self-directed change
- Cultural responsiveness which has been identified as a primary principle of education and youth programming
- Trauma-responsive , science-based strategies to reduce stress in traumatized or chronically stressed youth, i.e. predictability, caring and supportive social relationships, experiential learning methods, and shared decision making
- Restorative practices that prevent and reduce conflict and promote communication and understanding
- Manualized curricula that address gender relevant topics for girls such as: *female identity, family, peers, educational and career goals, physical and mental health, peer relationships, dating relationships, partner violence, body image, alcohol, drugs, nicotine, authorities, relational aggression and bullying, cybersafety, sexuality and pregnancy prevention, stress management, affect regulation, educational and career goals, etc.*
- Manualized curricula address gender relevant topics for boys such as: *competition, bullying, male and female role expectations, educational and career goals, recognizing and expressing emotions, conflict resolution, education, leadership, media messages, personal values, male power, breaking down social-cultural barriers, substances, etc.*

Who Do the Models Serve?

Our program models are implemented wherever youth are — in educational settings, after school programs, community based organizations, mental health agencies, juvenile justice, camps and outdoor adventure programs, and child welfare programs. Girls Circle and The Council for Boys and Young Men programs are successfully implemented in agencies who work in the areas of: safe school programs, positive youth development, teen pregnancy prevention, gang prevention, rehabilitation, scouting, physical fitness programs, drug and alcohol prevention and intervention, foster care, residential treatment centers, crisis centers, homeless shelters, yoga studios, boys and girls clubs, detention centers, reporting centers, probation and diversion programs.

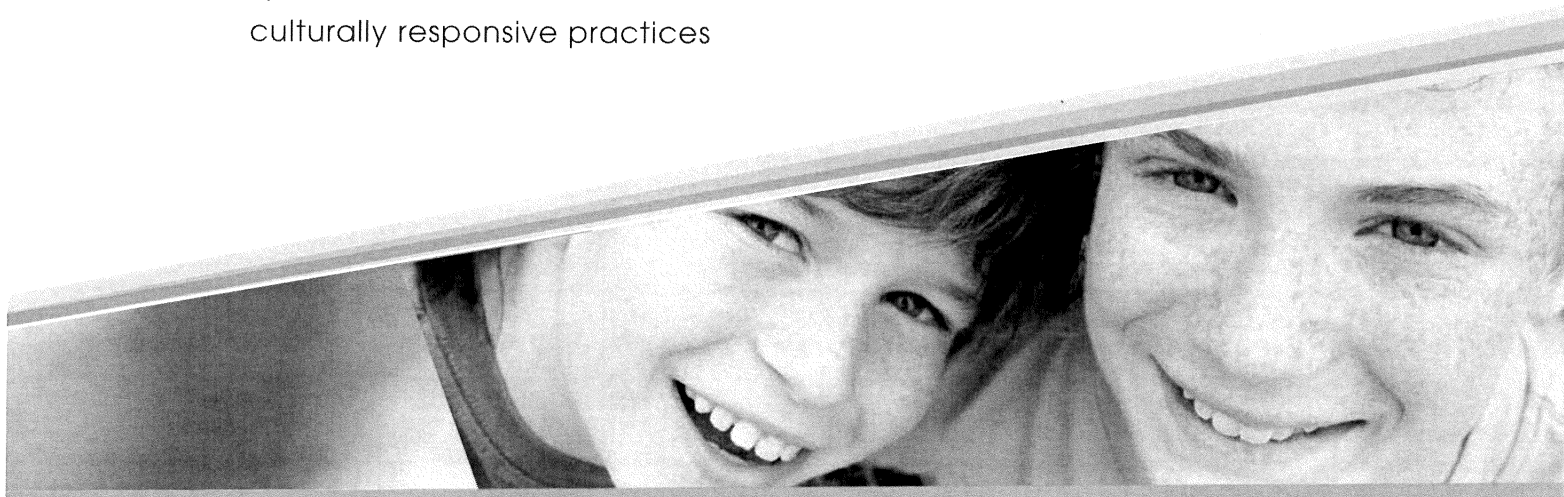
The pre-teen and teen activities for girls or for boys 9-18 years of age are engaging, promote critical thinking, and most importantly create a community of BELONGING - a need which is a vital element to youth programs to help youth navigate through the challenging years of adolescence. For this reason, girls **want** to be in circle, boys **want** to be in council. Most boys and girls involved in our programs want the program to run longer, look forward to coming, build positive social skills, and decrease their sense of isolation. Facilitators across the country are amazed at the response from boys and girls and feel privileged to run a program that engages youth in building pro-social skills, participating in meaningful discussions and activities - **having fun**, and mostly, for making healthy connections and building positive relationships with peers and adults.

How Girls Circle® & The Council for Boys and Young Men® Serve Educational Goals:

OUTCOMES EXPECTED — Youth are engaged learners who contribute to and develop from their school environment. They are motivated academically, supported developmentally, and help to create a school culture that is safe and positive.

ADVANTAGES TO SCHOOL STAFF — By attending Training, school staff are equipped with the tools to:

- Offer a safe school climate
- Provide a caring school environment
- Actively engage and challenge students
- Support social and emotional skills development
- Minimize conflict through “prestorative,” restorative, and culturally responsive practices
- Provide positive behavioral supports at a group level
- Encourage students’ success towards attainment of their academic and extra-curricular goals
- Foster boys’ and girls’ connection to school



EVIDENCE & OUTCOMES



Girls Circle® Research and Evaluation: Very few programs have been evaluated specifically for effectiveness with female youth.

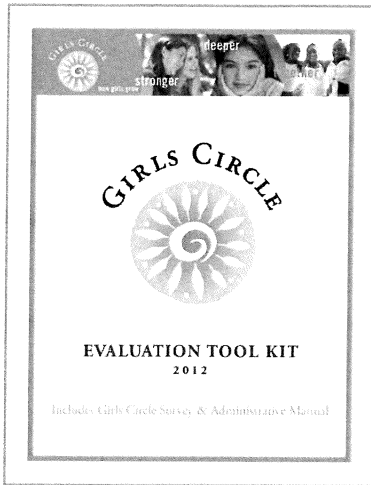
Outcome Studies since 2004 show *significant increases* in participating girls' school bonding, body image, communicating to adults, self-efficacy in life skills and significant decreases in alcohol use and self harm behaviors. To access reports, go to: www.onecirclefoundation.org/research-GC.aspx

Girls Circle is currently being evaluated in three youth sectors: juvenile justice, public health, and mental health.

In 2010, the Office of Juvenile Justice and Delinquency Prevention awarded grants to three gender-specific programs to evaluate experimental effectiveness in preventing or reducing female juvenile delinquency. Development Services Group (DSG) is evaluating Girls Circle™ for girls in the justice system in Cook County, IL since January 2011. A randomized design study will measure short and long term effects in recidivism and risk behaviors for girls in Girls Circle compared to girls in a control group who receive traditional probation services.

Hawaii Department of Health, Child and Adolescent Mental Health Division, received a grant to provide a menu of services to adolescent girls impacted by trauma. Seven key services are being evaluated through this culturally responsive approach, Project Kealahou.

Thurston County, WA received a grant from the U.S. Office of Women's Health to reduce violence through implementation and evaluation of Girls Circle for early adolescent girls. The YWCA Olympia provides oversight, coordination and implementation of Girls Circle on several public schools in afterschool programming. This study has completed one year of a three year plan.



The Girls Circle® Evaluation Tool Kit

is available for purchase on our website at
www.onecirclefoundation.org/MaterialsInfo.aspx?PID=GCEVAL

The tool includes the Girls Circle Survey, information, instructions, and consent forms, and measures the following:

- School Attachment
- Avoiding Self-Harm
- Positive Body Image
- Avoiding Alcohol
- Avoiding Tobacco
- Communicating Needs to Adults
- Satisfaction Survey (*at post*)
- Making Healthy Choices regarding Nutrition, Self-Care and Activities
- Using Protection if Choosing Sexual Activity
- Self-Efficacy (*Schwarzer's Self-Efficacy Scale*) and a



The Council for Boys and Young Men® Evidence and Outcomes Results from 2 studies conducted by Portland State University:

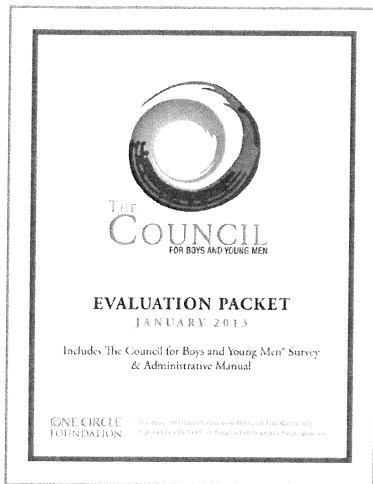


The Council for Boys and Young Men *significantly increased boys' school engagement* in middle schools, community programs, and probation (in our first study).

The Council for Boys and Young Men *significantly lowered the rate of increase of traditional masculinity beliefs* for young men in a secure juvenile facility (in our second study). The more sessions they had, the more resistant they were to unhealthy masculinity beliefs.

Participating boys and young men report *high rates of satisfaction*

For more detailed information and to access these studies, visit
www.onecirclefoundation.org/research.aspx



The Council Evaluation Packet^{iv}

is available for download at no charge for program evaluation. The packet includes instructions, forms, and surveys, is in the public domain with author permitted scales.

The Evaluation Tool Kit allows you to measure the following outcomes:

- School Engagement
- Avoiding Substance Use
- Development of Interpersonal Skills including Appreciation of Diversity
- Pride in One's Identity/Ethnicity
- Healthy Masculine Identity Development
- Satisfaction with The Council program

For Information about Facilitator Trainings,
Curricula, or Consultation, and for questions, visit

www.onecirclefoundation.org

or call 415-419-5119.

ⁱ Zahn, M. et al, Girls Study Group, Understanding and Responding to Girls' Delinquency: *Causes and Correlates of Girls' Delinquency*, April 2010: U.S. Department of Justice Office of Justice Programs, OJJDP.

ⁱⁱ School Connectedness: *Strategies for Increasing Protective Factors Amongst Youth*, 2009, Centers for Disease Control, retrieved 1.21.14 from <http://www.cdc.gov/healthyyouth/adolescenthealth/pdf/connectedness.pdf>

ⁱⁱⁱ Sabo, D. (1999). Understanding Men's Health: A Relational and Gender Sensitive Approach, Harvard Center for Population and Development Studies- working Paper Series, NO. 99.14: Boston, MA

^{iv} <http://www.onecirclefoundation.org/docs/TC-Evaluation.pdf>

IMPLEMENT AN EVIDENCE-BASED PROGRAM FOR GIRLS

GIRLS CIRCLE FACILITATOR TRAINING

SEPTEMBER 27-28, 2017 SENTINEL BUTTE, ND



Promoting Strengths and Resiliency in Girls and Young Women. The Girls Circle® model is designed in the evidence-based principles of motivational interviewing and strengths based approaches, is trauma responsive, culturally responsive, gender transformative, and utilizes restorative practices.

GIRLS CIRCLE® IS THE FIRST PROGRAM IN THE NATION PROVEN TO REDUCE DELINQUENCY FOR GIRLS. NOW LISTED ON SAMHSA'S NATIONAL REGISTRY FOR EVIDENCE-BASED PROGRAMS AND PRACTICES.

A Workshop for Adults Across All Sectors including Education, Community Based Programs, Juvenile Justice, Mental and Behavioral Health, Child Welfare, Substance Abuse and Gang Prevention Programs, Faith Based Settings, and more

Training Outline: Day One: Theoretical Framework, The Six Step Circle Format, Creating Trust, Bonding & Cohesion, Handling Challenging Group Dynamics. Day Two: Primary Role of the Facilitator, Research, Effective Facilitation Skills, Enhancing Critical Thinking and Healthy Decision Making

Credits Offered: 13 CE Hrs. Approved provider by NASW; OH-CSWMFT Board; CA-STC for Corrections, CA-RN; CAADAC counselors; Approved provider by the California Association of Marriage and Family Therapists for 13 CE Hrs. for LMFTs, LCSWs, LPCCs, and/or LEPs.; 1 College Credit. One Circle Foundation maintains responsibility for this program/course and its content.

Ask about our free Grant Writer's Template to help you secure funding for these highly effective programs.

LOCATION:

Home on the Range
16351 I-94
Sentinel Butte, ND

TIME: 8am*- 4:30pm, both days

HOSTED BY: Home on the Range

COST: \$360 by Aug. 28th, \$410 after Aug. 28th

**Registration begins at 8am, training starts at 8:30am.*

Registration includes Facilitator Manual and continental breakfast. Attendance required on both days and a certificate is awarded upon completion on the last day of training. Attendees will receive a coupon at the training for 15% off curricula, valid for 30 days beginning on Day Two. Not redeemable with previous purchases. Scholarship application available on the training page at OneCircleFoundation.org.

For the course outline and complete list of educational objectives, visit:

www.onecirclefoundation.org/docs/CO_GCFT.pdf. (Credits are not offered for the lunch hour on both days.) For information on our instructors, visit onecirclefoundation.org/trainers.aspx.

For full training policies, accreditation, and accommodations for special needs visit our website: www.onecirclefoundation.org. For addressing grievances, please write info@onecirclefoundation.org.

REGISTER AT ONECIRCLEFOUNDATION.ORG OR CALL (415) 419-5119



One Circle Foundation is a San Francisco Bay Area nonprofit organization which promotes resiliency and healthy development in youth, adults, and communities. We train, consult, and equip service providers across all youth sectors locally and internationally with research-based circle program models, best practice approaches, and manualized curricula. Girls Circle®, The Council for Boys and Young Men®, and Women's Circle® integrate evidence-based practices with cross-cultural traditions and caring relationships.

Read more on our Models & Research at www.OneCircleFoundation.org.



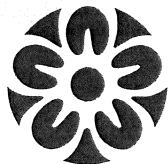
GIRLS CIRCLE CURRICULA

These curriculum provide facilitators with everything they need to run a strengths-based program for girls and create a safe space to address risky behaviors, build on protective factors, and improve relationships. The user-friendly guides contain step-by-step instructions on leading discussions, teambuilding, and creative activities. Simply gather your materials and begin. Easily adaptable to your own unique setting. www.OneCircleFoundation.org | (415) 419-5119 | Fax: (415) 448-5459



BODY IMAGE

8 SESSIONS, Ages 12+. Examines cultural messages and personal beliefs that influence body image. Raises awareness, and explores underlying causes of poor body image. \$110



MY FAMILY, MY SELF

8 SESSIONS, Ages 12-18. Examines development within a family and offers the chance to acknowledge the many gifts and challenges of growing up within the family unit. \$110



MIND, BODY, SPIRIT

12 SESSIONS, Ages 12-16. Promotes resistance skills to high-risk behaviors by addressing drug use and healthy sexuality. \$160
**MENTE, CUERPO Y ESPÍRITU
GUIA PARA LATINAS** - In English & Spanish! \$190



WHO I AM

8 SESSIONS, Ages 14-18. Examines identity, assertiveness, and goal setting through role-play, mandala making, music, and more. Very well received by high school girls. \$110



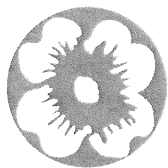
RELATIONSHIPS WITH PEERS

10 SESSIONS, Ages 13-18. Enhances awareness of relationships. Themes include "Expressing Myself," "Romantic Relationships," & "Girlfights or Girlfriends." \$140



EXPRESSING MY INDIVIDUALITY

8 SESSIONS, Ages 11-15. Celebrates individuality, diversity, getting along with others, and addresses goals, conflict styles, individual wellness, and taking time to relax. \$110



BEING A GIRL

8 SESSIONS, Ages 11-13. Introduces the positive experience of a support circle addressing topics such as "Growing Up Female," "Growth and Self-Care," & "Female Role Models." Great for middle-school girls. \$110



PATHS TO THE FUTURE

12 SESSIONS, Ages 12+. For at-risk or court-involved girls. Examines beliefs and actions about trust, authority figures, sexuality, dating violence, HIV, drug abuse, stress and goal-setting. \$160



FRIENDSHIP

8 SESSIONS, Ages 9-14. Groundbreaking guide that shores girls up with strong interpersonal skills, addresses exclusion and feuding and knocks down barriers to pride, confidence, and empathy. \$110



HONORING OUR DIVERSITY

12 SESSIONS, Ages 11-18. Recognizes girls' varied cultural, ethnic, and racial backgrounds while emphasizing positive identity and alliance building. Includes a journal. \$160



WISE & WELL

8 SESSIONS, Ages 12-18. Addresses current challenges such as cyberbullying, social media, binge drinking, marijuana use, mental health, and more. Inspires eyes wide open and minds sharp and aware. \$110



MOTHER-DAUGHTER CIRCLE

8 SESSIONS, Ages 11+. Mothers or Female Caregivers join their daughters to strengthen their bonds through shared listening, creative expression, and skill building. \$160



THE GIRLS CIRCLE COMPLETE SET

Rich with skill-building themes that promote critical thinking in all areas of girls' lives. Includes all 12 Activity Guides, the Facilitator Manual and the Evaluation Tool Kit. A Value of \$1,728 - Priced at \$1,550 (10% Off.)

GIRLS CIRCLE FACILITATOR MANUAL Start your Girls Circle journey here by learning the guiding principles, theoretical framework, and foundational structure of the Girls Circle program. Included with registration to the Girls Circle Training. \$99

GIRLS CIRCLE EVALUATION TOOL KIT Developed specifically for Girls Circle and contains all you need to measure outcomes in conjunction with any combination of the Girls Circle Activity Guides. \$79

TRAINING DATE 9/27-28/2017 LOCATION Sentinel Butte, ND

TRAINING MODEL (GIRLS CIRCLE / THE COUNCIL / ADVANCED) Girls Circle Facilitator Training

NAME _____ TITLE _____

ORGANIZATION _____

TYPE OF PROGRAM (i.e. SCHOOL, JUVENILE JUSTICE, etc.) _____

ADDRESS _____

CITY _____ STATE/PROV. _____ ZIP/PC _____ COUNTRY _____

DAYTIME PHONE _____ CELL PHONE _____

EMAIL _____

HOW DID YOU HEAR ABOUT US? _____

REGISTRATION FEES – ATTENDANCE REQUIRED BOTH DAYS	QUANTITY	TOTAL
\$360 per Participant 30 days prior to training, \$410 within 30 days of training date.		
CURRICULA ORDERING (Optional, See Next Page for Information)		
1.		
2.		
3.		
(Tax only applies to curricula shipped to California. Rate: 8.5%) TAX:		
(The cost of shipping curricula varies, call for rates. Ships within 48 hours of receiving payment or purchase order.) SHIPPING:		
GRAND TOTAL:		

PAYMENT METHOD: Check# _____ P.O.# _____ Credit Card Type (all accepted) _____

CREDIT CARD# _____ - _____ - _____ - _____ **EXP:** ____/____ **CVS#:** _____

BILLING ADDRESS (if different): _____

SIGNATURE: X _____

SEND REGISTRATION FORM AND FEES PAYABLE TO:

ONE CIRCLE FOUNDATION | 734 A STREET, SAN RAFAEL, CA 94901

FAX: (415) 448-5459 | EMAIL: INFO@ONECIRCLEFOUNDATION.ORG | CALL: (415) 419-5119

PURCHASE ORDER MUST BE SENT WITH REGISTRATION FORM. Registration and payment must be received by two weeks before the training. A \$50 administrative fee will be charged for cancellations within two weeks of training. No refunds within one week of the training. For more information visit www.OneCircleFoundation.org.