

# OUTDOOR ADVENTURE

*FISCAL YEAR 2021*  
OUTCOMES SUMMARY



YES<sup>★</sup>

# OUTDOOR ADVENTURE PARTICIPATION



**114** participants

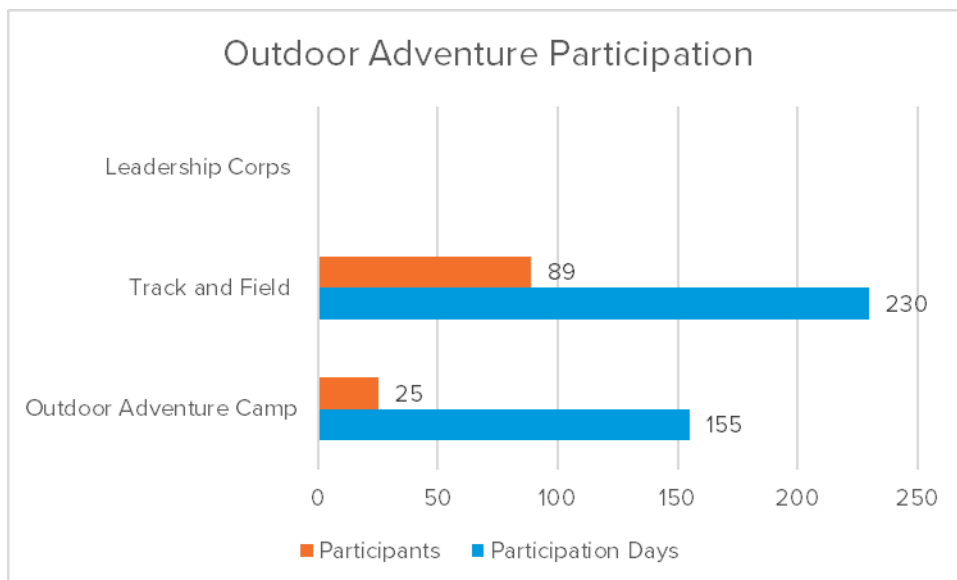
**385** participation days

## Outdoor Adventure Programs

**Outdoor Adventure - YES Kids:** Provides youth ages 9 - 12 with experiences that help them find adventure in different ways, become curious about the world around them, and understand themselves and those around them better. Activities included Geocaching, gardening, field games, and more

**Track & Field Program:** Youth ages 9 - 13 try new activities and challenges while experiencing the complete realm of track and field: running, throwing, and jumping. Consistent small groups are led by adult and teen coaches at Moakley Park's Saunders Stadium (South Boston) and English High School (Jamaica Plain).

**Leadership Corps:** Leadership Corps is a program in which teens develop their leadership potential as they participate in outdoor activities. Due to COVID-19 the program was held entirely virtually this year and featured leadership development workshops, fun virtual workouts/activities, and weekly challenges to get teens outside and moving.



## FY21 OUTDOOR ADVENTURE HIGHLIGHTS

**65%**

of youth who joined Outdoor Adventure in 2020 live in low to moderate income households.

**59%**

of Outdoor Adventure participants are youth of color.

**38%**

of youth who joined Outdoor Adventure programs this year live in Dorchester, Roxbury, or Mattapan.

# SAFETY STANDARDS

## Safety is our number one priority at YES.

A plan of action and safety protocols were established to reopen Youth Enrichment Services (YES) to the general community based on COVID-19 guidelines from the State Department of Public Health. Programs were modified to meet these requirements and include: logging visitors for contact tracing; logging as well as increasing the cleaning and sanitation of the building and equipment; administering health checks for participants, staff, and volunteers; eliminating the use of vans for program transportation; requiring masks; practicing social distancing; and reducing group size and numbers served.

A photograph of a blue form titled "Health Check for Youth Enrichment Services (YES) Track & Field". The form features the YES logo with a red star above the 'S'. It lists symptoms to check for: Fever, Body and Muscle Aches/ Fatigue, Loss of Taste or Smell, Congestion or Runny Nose, Nausea, Vomiting, and/or Diarrhea, Coughing, Sore Throat, Shortness of Breath, and Close Contact/Care for Someone with. Below this, it asks "Youth-specific" questions: "Do you have any emergency medical conditions today? (Epi-pen, rescue inhaler, etc.)" and "Who will be responsible for that? (Parent)".

**Health Check for Youth Enrichment Services (YES) Track & Field**

Have you had any of these symptoms?

- Fever
- Body and Muscle Aches/ Fatigue
- Loss of Taste or Smell
- Congestion or Runny Nose
- Nausea, Vomiting, and/or Diarrhea
- Coughing
- Sore Throat
- Shortness of Breath
- Close Contact/Care for Someone with

Youth-specific

Do you have any emergency medical conditions today? (Epi-pen, rescue inhaler, etc.)

Who will be responsible for that? (Parent)

# SUMMER TEEN STAFF

Every year, YES provides meaningful employment to teens in Boston. This year our usually summer teen staff leaders worked a hybrid schedule, which included working from home. The teens spent this remote time engaging in professional development workshops, participating in online workouts, and completing several projects which culminated in the creation of the Leadership Corps site, a teen resource hub for YES teens.

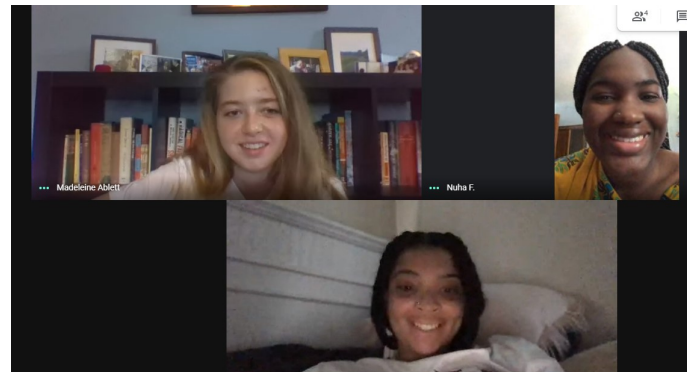
These projects include:

The College Directory guide project included firsthand perspectives about various colleges. Teens interviewed 27 current college students and college alumni and created informational pages about each institution. YES teens will be able to access these informational pages to learn about each college.

The Community Service project included researching opportunities and understanding the mission and impact of organizations that help others. Teens had the opportunity to coordinate volunteering time at Cradles to Crayons and Community Servings in Boston.

The Teen Resource Guide was designed to be shared with Leadership Corps past, present, and future on the YES website. Projects included designing and distributing a survey, running focus groups with other Boston teens, research, content creation, and input on website design.

The Current Events Discussion Group gained an understanding and broader perspective on current events through conversation, article reading, and personal research. Each week, teens tackled a new topic on the surrounding issues of racism, oppression, inequalities, LGBTQ+ community issues, and other topics teens were concerned about.



*Teens interview volunteers and alumni for the College Directory*

**Stress Management**

**Time Management**

**Maintain/Improve Grades**

**Financial Literacy, Part 1**

**Financial Literacy, Part 2**

*Information found in the Teen Resource Guide*

# SUMMER TEEN STAFF

The Photo Journaling Group learned and worked together to create a story that was important to them. They created a virtual art gallery called Perspectives, which showcased their views of nature, culture and the COVID-19 world.



## Culture.

Culture is everywhere you go, in your home, city, in yourself. We have chosen to challenge ourselves to capture Culture and to tell the story behind our lenses.



## Nature

Nature is something that should always be valued and taken care of. In this exhibit you'll see and understand how beautiful natural nature is and why we as a community must protect and upkeep it.

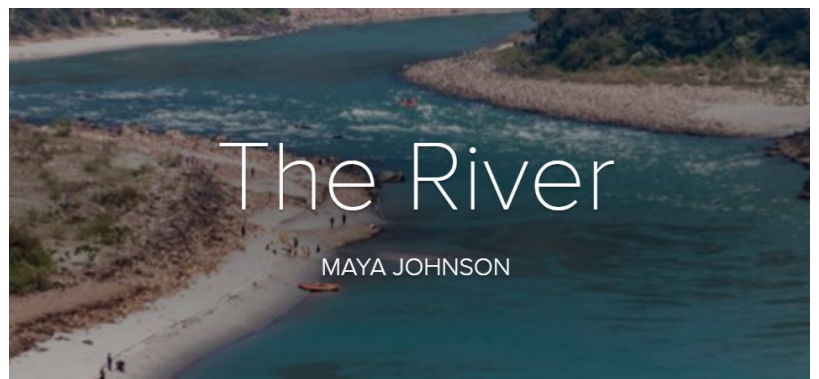


## COVID-19 World

COVID-19 has taken over our lives over these past few months. The pictures in this exhibit show how we as a community have come together to overcome COVID-19 and still keep at least a little bit of normality.

The 7 Habits Book Club read and discussed Stephen Covey's *7 Habits of Highly Effective People*. Each week, the teens focused on a new way of changing their mindset to be their most effective self.

The Creative Writing Club challenged the teens weekly with different writing exercises, including short stories, poetry, and journaling. Writers had the opportunity to share their work, as well as give and receive feedback. Each writer contributed a piece that is now published on the Leadership Corps website.



To view more Summer Teen Staff projects, visit [lcatyes.mailchimpsites.com/](https://catyes.mailchimpsites.com/)

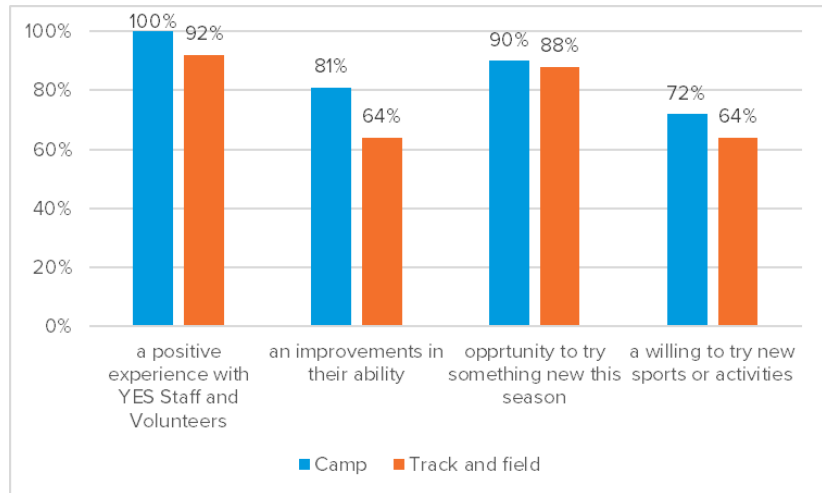
## OUTCOMES MEASURES

To ensure program quality, YES measures outcomes across all programming.

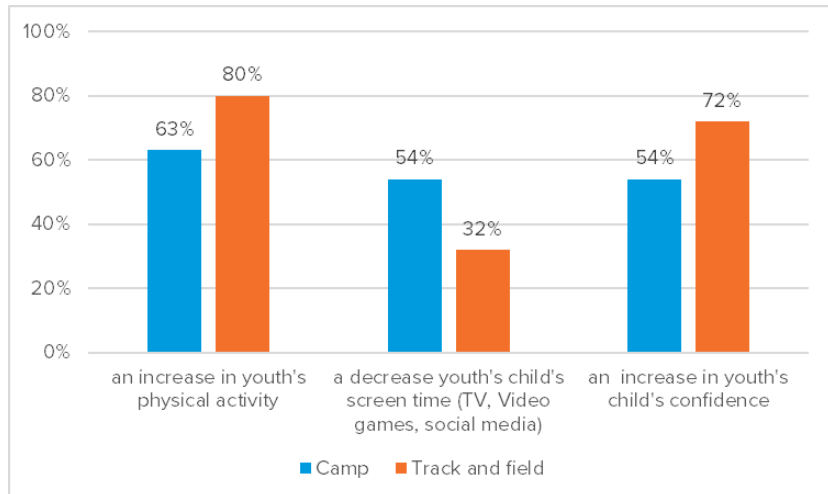
1. Youth expressed to family a positive experience with YES staff and/or volunteers.
2. Youth expressed to family an improvement in their ability.
3. Youth expressed to family they had the opportunity to try something new this season.
4. Youth expressed to family they are willing to try a new sport or activity.
5. Families saw an increase in youth's physical activity.
6. Families reported a decrease in youth's screen time (TV, video games, social media).
7. Families saw an increase in youth's confidence.
8. Families would most likely participate in programming at YES next season.
9. Families would most likely recommend YES programs to other families.

# PROGRAM QUALITY MEASUREMENTS

## YOUTH EXPRESSED TO FAMILY



## FAMILIES REPORTED



## FAMILIES WOULD MOST LIKELY

