

# Teen Center

# Y of Greater New York's Focus

- Youth Development
  - Healthy Living
- Social Responsibility

Main Responsibilities: Writing lesson plans, facilitation and case management of teen programs.

# Teen Center Program Goal

*“To provide a safe and secure place for teens to go within their community to meet with friends, engage in positive activities and become involved in the culture of the YMCA under the direction of caring adults.”*

# Logistics

Teen Center is supposed to run for 5 hours with specific programs running for JHS and High School students 50% of the time.

Currently, our program runs the full 5 hours, but no teen center programs are high school specific and they do not currently target all the desired core elements.

Teen Center should include programs that target recreational and social needs, health and fitness , art engagement opportunities, academic support and development, social/emotional support & counseling referral and community engagement and service opportunities.

**Monthly Special Workshops or Events:** Minimum of 2 events per program year aligning with **city wide theme of that month**,. Additional special workshops or events addressing character development, social/relational development, and/or issues of youth concern should be offered a minimum of once a month.

# Site Specific Logistics

Staffing: Ratio is to be 1:15

Fridays- 3 staff, 1 activity specialist.

Saturdays- 3 staff, 2 activity specialists.

Timing:

Fridays- 6:00-8:30 pm

Saturdays- 10 am-3:30 pm

# Current Programs

Fridays: Basketball Clinic/ Game Room

Saturdays: Basketball Clinic/Martial Arts/ Game Room

# Youth Advisory Board

Proposed Programs from Teens:

1. Textiles/Clothing/Fashion
2. Volleyball Team
3. Café girls' night to talk.
4. Painting/Art Program
5. Baseball
6. Soccer
7. Flag Football
8. Music Production Program
9. Tennis



# Proposed Programs for off-site

- Home Economics/ Fashion
- Painting/Sketching Program
- Tutoring (one hr. for High School, one hr. for Jr. High School)
- Once-a-month café “Girlltalk” night
- Beatboxxing Workshop

# Proposed Programs for Branch Location

- Volleyball Program (JHS and High School)
- Swimming (High School)

# Proposed Schedule/Staffing

Fridays at JHS 189:

6:30-7:30 pm-

- Basketball Clinic League 1- 2 staff
- Fashion/Home Ec.- 1 staff

7:30-8:30 pm-

- Basketball Clinic League 2- 2 staff
- Art Program- 1 staff

\*4<sup>th</sup> Friday of the month, have café “Girlltalk” night with instead of Fashion and Art.

\* 1<sup>st</sup> Friday of the month: special workshop

# Proposed Schedule/Staffing

## Saturdays

### Session I

10 am-12 pm

- Tutoring- 1 staff (10-11 am- High School Students
- Martial Arts (11:15-12:15) -1 Activity Specialist /1 staff
- Game Room- 1 staff

### Session II

12-1:30 pm

- Game Room- 1 staff
- Beatboxing/ Media Arts 101 (12-1 pm)- 2 staff

### Session III

1:30-2:30 pm

- Basketball Clinic League 1- 2 staff
- Step Program- 2 staff

2:30-3:30 pm-

- Basketball Clinic League 2- 2 staff

# Café “Girlltalk”

- In the beginning of each month, have the girls put topics in a box or jar, have the staff, who will be facilitating the evening, choose one of the topics to prepare a discussion about. Perhaps choose three girls to serve on a committee for that month to plan the conversation with the staff. This can involve games, questions, stories, quotes, or whatever that will get a conversation going about the topic.
- Have tea, juice, mini sandwiches, crackers, and cookies set up for the girls to eat while having their discussion.

# How can we bring our programs to another level of excellence?

- Lesson Plans: ALL programs with the exception of game room should have a structured lesson plan so that no time is wasted and teens are learning the basics of the skills we are trying to teach. We want quality programming.
- Punctuality: We should start when we say we are going to start and finish when we say we are going to finish, in order to maximize the time that we have with our teens.

# Internship Experience:

I hope to continue in the field of youth development with the Y, so this internship helped to add to my experience and knowledge.