



BOYS & GIRLS CLUBS
OF THE COASTAL PLAIN

2023-2024 IMPACT REPORT CARTERET COUNTY



PRIORITY OUTCOMES:

Academic
Success

Good Character
and Citizenship

Healthy
Lifestyles

256

YOUTH SERVED, AGES 6-18



41% Caucasian
25% African American
15% Multi-Racial
15% Hispanic
4% Other Race



46% Female
54% Male



86% Free or Reduced Lunch



49% One-Parent Households



48% Households less than \$25,000

OUR MISSION:

To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens



**16,968 HEALTHY MEALS
AND 14,825 HEALTHY
SNACKS WERE SERVED**

Sponsored by CACFP and Blue Cross NC

OUR REACH:



Three Units located in Carteret County (Beaufort and Morehead City), dedicated to serving more than 100 members daily from nine schools



THE CLUB EXPERIENCE

Boys & Girls Clubs, designed for ages 6 to 18, offer essential support during afterschool and summer, providing caring role models, a secure and enjoyable environment, and activities to channel youthful energy

87%

C or above average on their 3rd quarter report card

13K

Economic Impact of Community and Club Service Hours

427

hours of Community and Club Service were completed

219

engaged in the physical activities through Triple Play Daily Challenges

199

participated in the homework program called Power Hour, sponsored by TowneBank

PROGRAM HIGHLIGHTS

Healthy Habits

a program that focuses on making choices that support a healthy eating pattern and physical wellness

76% of members stated they stop eating when they are full
(up 6% from pre-assessment)

70% of members encourage others to make healthier choices
(up 7% from pre-assessment)

SMART Moves: Emotional Wellness

a program that focuses on building the social-emotional skills of self-regulation, impulse control, and stress management

87% of members stated they know the emotions they feel
(up 14% from pre-assessment)

80% of members reported they can describe their feelings
(up 13% from pre-assessment)

MEMBER IMPACT STATEMENT: HANNAH

Sunshine Lady Boys & Girls Club has been a transformative place for me. It's where I've gained confidence, made friends, and discovered leadership skills I never knew I had. The supportive staff have encouraged me to be my best self, even when faced with challenges. They have been by my side every step of the way during my almost three years at the Club. Thanks to them, I've learned to express my feelings and become more assertive and independent. The Club has truly changed how I see myself, helping me grow into a happier and more self-assured individual.

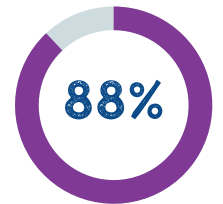
Joining the Club in seventh grade as the new kid was intimidating, but the welcoming atmosphere quickly made me feel at home. Programs like Power Hour have been invaluable for me, especially as I transitioned from middle to high school. I've also had the opportunity to participate in events like Be Great Breakfast, Youth of the Year, and the STEM camp Summer Accelerator. Volunteering for the Club has been a rewarding experience, teaching me valuable lessons along the way.



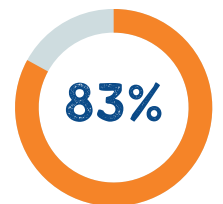
NATIONAL YOUTH OUTCOME INITIATIVES SURVEY



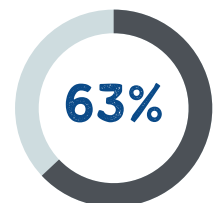
Want to help when they see someone in trouble



When leading a group, they make sure everyone in the group feels important



Expect to complete post-secondary education



Physically active for 60 minutes per day, four days a week



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