



Who Are We?

Founded in 2003, After School Buddies (ASB) is a unique organization that prepares 4th – 8th grade girls for the social and academic challenges of middle school by offering leadership development opportunities for college and high school students to serve as mentors to younger girls.

Mission

ASB's mission is to provide training to female mentors to prepare them to help at-risk girls “**survive and thrive**” the tumultuous years of middle school by offering weekly after school programs and a summer camp.

History

ASB is in its 16th year of service to 4th – 8th grade students from the Bend-La Pine School District. Over the years, more than 1,500 women have either volunteered with or participated in ASB programs at 5 different elementary schools in Bend.

ASB's middle school program, known as **Thrive!**, is comprised of girls, grades 6 – 8, from four Bend middle schools. Thrive! began in 2005 and now serves approximately 35 at-risk female adolescents each week who are mentored by 12-14 adult volunteers. Thrive! mentors include female college students, retired teachers, former business professionals and numerous community members.



Little Buddies - Trials and Tribulations

Girls are referred to ASB by teachers, counselors, friends, parents or school administrators who view the program as beneficial for girls experiencing or who have experienced one or more of the following challenges:

- Loss of parent to divorce
- Loss of parent/grandparent/close loved one to death
- Shared custody struggles due to divorce
- Single parent homes – never knew one of their parents
- Academic struggles/learning disabilities
- Poverty – financial, relational (social)
- Unemployed parents
- Parents from other countries who do not speak English
- Incarcerated parent(s)
- Drugs/alcohol use in the home
- Physical, sexual, emotional abuse directed at them or they have witnessed
- Social challenges, making and keeping appropriate friendships
- Bullying – by peers or family members
- Frequent moves to new homes/new schools
- Being in foster care
- Homelessness
- Extended illnesses or physical impairments.

Other things to know about Little Buddies

- Not all Little Buddies come from single-parent homes but many do
- Many girls live between multiple “homes” due to shared custody
- Multiple “father/mother” figures due to presence of “significant others” in their parents’ lives
- Many have large “extended” step families with siblings of all ages.

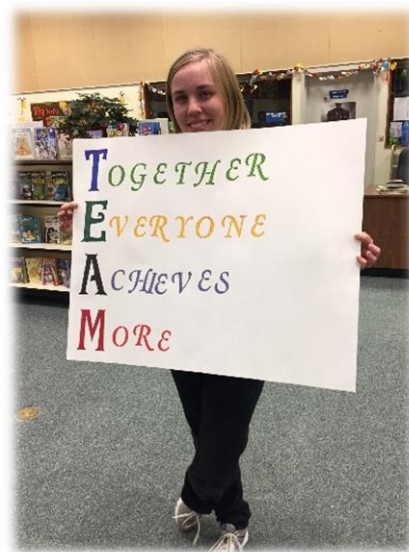
Some Little Buddies do not have any of these more challenging experiences but are simply friends of girls already participating in ASB and have been invited to join. All age-appropriate girls are welcomed to join ASB (as space allows). Our “goal” is to show them “unconditional love” and acceptance.

Motto

From its conception in 2002 until today, the motto for ASB is taken from the book of John in the Bible - “Love others as I have loved you”. We are all recipients of unconditional love and therefore have the responsibility to pass it on or “pay it forward” to others – regardless of our own life circumstances or limitations.

Community Connections

ASB collaborates with other agencies and businesses in Central Oregon for service projects and volunteer program staffing. These entities include the Bend Lapine School District, OSU Cascades, Central Oregon Community College, Cascade Youth and Family Services, New Leaf Academy, Cascades Crest Transition Center, Saint Charles Hospital, Saving Grace, Partners in Care, Ronald McDonald House, Shepherd’s House, Bethlehem Inn, Grandmas’ House, Bend Community Center, COVO and more.



Internships with ASB

College students are invited to serve with ASB as volunteers or interns during the school year or for the summer day camp experience. Students taking the **Families in Poverty** course, for example, can easily complete the required 20 hours of service by volunteering at one or more programs a week. (There are 3 elementary programs per week staffed by adults, teens and college students and 1 middle school program staffed by adults and college students).

Female students enrolled in the **HDFS 209** course can complete their 90 hours commitment by working at ASB programs 4 afternoons/week. This internship experience allows HDFS majors to interact with girls and women of multiple generations and therefore assess which age group is most rewarding to work with.

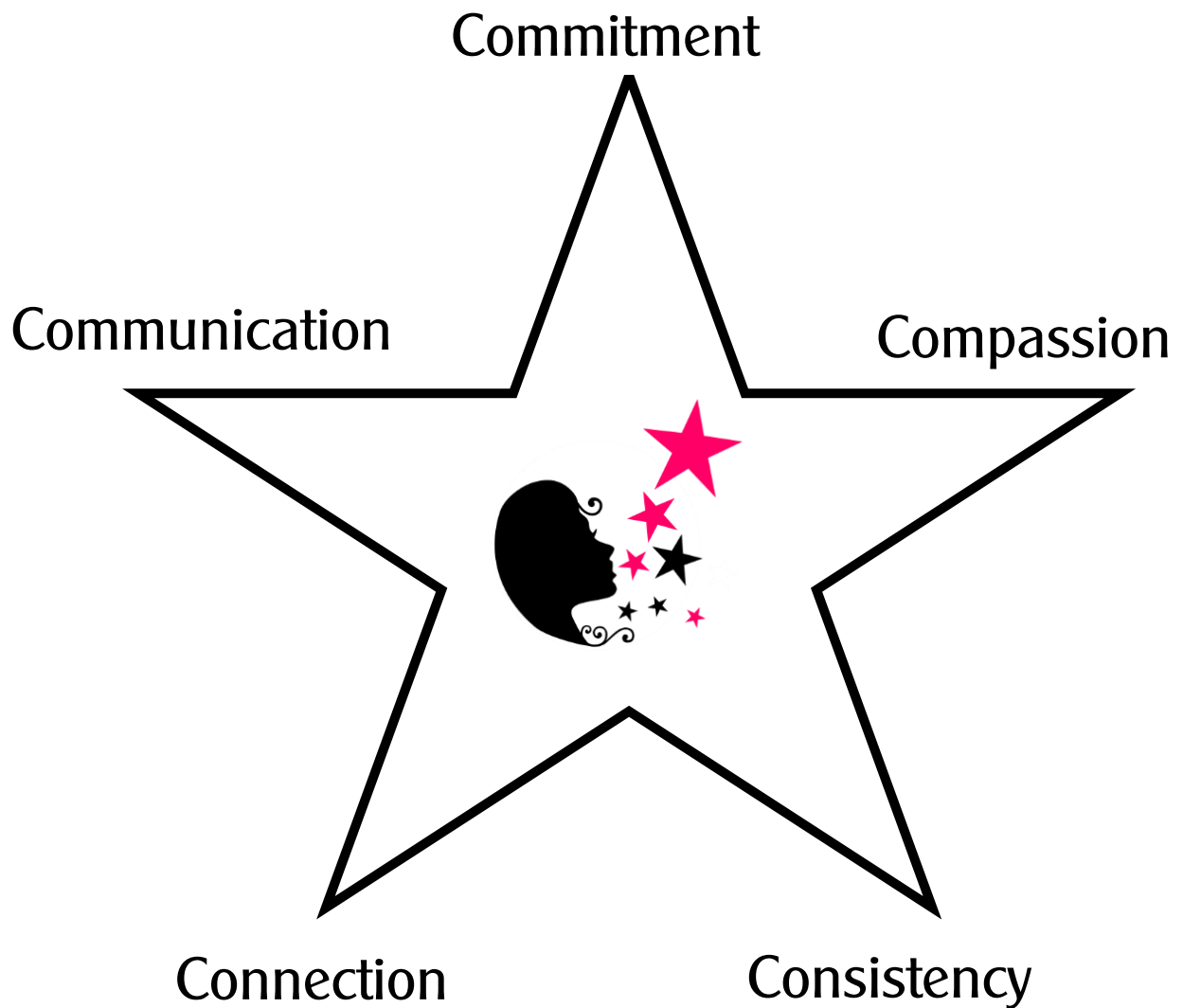
Interns interested in social/human services needing to serve at an agency for the **HDFS 410** practicum would work 4 afternoons a week with ASB and would also have additional administrative and curriculum management responsibilities to do in the mornings or on weekends at home to fill the 300 hour commitment. Students needing summer internship opportunities would work full time in preparation and delivery of the summer leadership day camp which is held in early August in Bend.

**“I want to make a difference with people who want to make a difference,
doing something that makes a difference”**

John C. Maxwell

ASB Core Values:

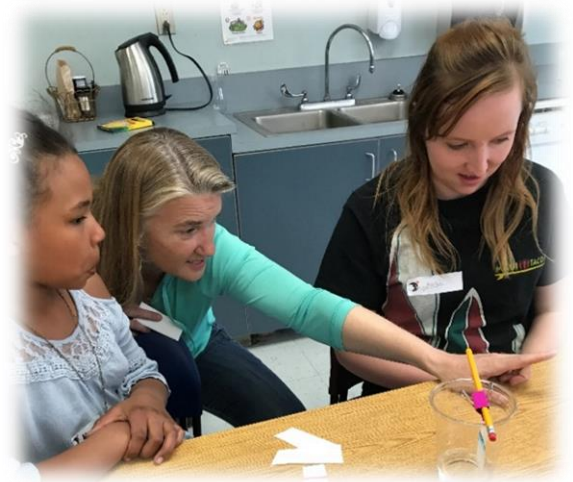
Mentors with ASB are asked to honor the following values ...



What Happens at ASB Programs?

Elementary Program Schedule

- ☆ **3:00 or asap** - Meet with adult leaders at ASB school for review/update; set out daily props
- ☆ **3:30** - School is out; group welcome from leaders
- ☆ **3:35** - Icebreaker game/activity led by weekly leaders
- ☆ **3:50** - "Buddy-up" in teams of Big & Little Buddies - (4-6 per team for "check in", academics and snack)
- ☆ **4:30** - Discovery Time: Value/Virtue program: activity/craft/games, etc. planned/led by Big Buddy team
- ☆ **5:05 - 5:15** - Clean up, wrap up; "goal" setting
- ☆ **5:15 - Little Buddy parent pickup**
- ☆ **5:15-5:30** - All Big Buddies meet for reflection of day's activities and planning for next week's program



Thrive! Middle School Schedule

- ☆ **1:00** Adults meet for "All Team Huddle" daily review/check in. Team leaders of the day should arrive at least by 12:45 to set up props.
- ☆ **1:25** Buses start to arrive from Sky View, High Desert & Pilot Butte and other students by car pool.
- ☆ **1:30** Hang out/homework time, games, crafts activities in "SIGS" (Special Interest Groups)
- ☆ **1:45** Snack Team prepares snack service in main kitchen.
- ☆ **2:00** Daily welcome by leaders; snacks served about 2:15 Conversation questions
- ☆ **2:45** Lesson presentation by Big Buddy team; large group activities
- ☆ **3:30** Break out into small groups for additional activities/discussions
- ☆ **4:00** All gym/final kitchen cleanup followed by gym free play or planned group games
- ☆ **4:30 Parent pickup; lobby staffed by Big Buddies**
- ☆ **4:45-5:00** Debriefing with adult teams. Quick review of next week's plans. Final clean up.

2019 Theme: "Strong Girls Can...!"

What Makes Us Strong?
Buddies are helping each other to be...

S: SUCCESSFUL YET SENSITIVE
T: TRUSTWORTHY
R: RESILIENT & RESPECTFUL
O: OTHERS-FOCUSED & OPTIMISTIC
N: NATURAL BEAUTIES
G: GENEROUS



Who Should Volunteer for ASB?

- ☆ Ladies who **CARE** about others and want to make a difference;
- ☆ Ladies who are willing to **demonstrate unconditional love** and **acceptance** of girls and others;
- ☆ Ladies who **WILL COMMIT** to **REGULAR attendance** each week or work as a team with others who will provide regular support/leadership;
- ☆ Ladies who want to experience **personal leadership development**;
- ☆ Ladies who will be willing to **fulfill commitments** for leadership roles;
- ☆ Ladies who are willing to **observe stated communication standards**: using email/text and reading and responding to such **in a timely fashion**;
- ☆ Ladies who will willingly **limit the use of cell phones**, tablets for during program time;
- ☆ Ladies who are willing to observe modest dress code standards and refrain from use of inappropriate language – **especially on social media**;
- ☆ Ladies who will engage in **truthful, accurate** and **fair communication** that facilitates respect and mutual understanding;
- ☆ Ladies who are **not already TOO busy** with other activities;
- ☆ Ladies who have **family/spousal support** for this volunteer effort;

Ladies who might be considering **a career in counseling, coaching, teaching, social work** or other **humanitarian occupations** or those who seek to integrate social service knowledge into other vocational aspirations.