

YMCA Project Cornerstone 2021-22 Impact Report



2021-22 At-A-Glance

- 43,128 *youth reached*
- 3,137 *volunteers*
- 1,317 *caring adults trained*
- **Building Strong Families** workshops on relevant topics and issues like “Cyberbullying Prevention” and “Living our New Normal”
- New **school staff training**, “Who Takes Care of Us?”
- Visit our **2022 Asset Champions Celebration website**
- View **Kindness Is ...**, a *special video project* with Orly Wahba, founder of Life Vest Inside
- Keep growing and connecting over the summer with our 2022 **Summer Fun website**

How Project Cornerstone’s programs and services have impacted *volunteers*

Comments received from the end-of-year volunteer survey, administered in May 2022

- “It has taught me great life lessons and has helped me connect with my own kids re: SEL (social emotional learning).”
- “Being in the classroom helps you understand kids' behavior better, builds empathy. Knowing more people in the community. Making connection inside and outside the school.”
- “It changed my thinking about the problems we face with friends and family members. I see everything in a broader way and think about it from both sides.”
- “It has made me think of other ways to provide consistent and ongoing positive language.”
- “Being a part of this program consistently reminds me of how important it is for students to know that there are many caring adults at a school site!”
- “It has helped me through difficult situations as much as helping the kids.”

Parent/Caring Adults who attended single-session workshops provided these comments to the prompt, “The most important thing I learned from this workshop was ...”

- “...about building relationships with your kids to know about what’s going on with them.”
- “We are not alone in difficult times when our teens are going through their development stages during an isolated time.”
- “Really listening and not to “fix” for my son.”
- “The importance of communication and having empathy.”
- “Use my ears more than my mouth.”
- “We went through the presentation together with my daughter and identified the problems each of us were having very quickly, (and) agreed upon necessary corrective steps.”
- “Assets are necessary and require intentionality (time and development).”
- “To put my phone down and engage with my kids. And also, to give them more choices.”
- “That I am not alone in trying to navigate being a good parent to the best that I can. And that there is always room for improvement.”
- “The importance of being dependable and making sure my child feels valued.”

How Project Cornerstone's programs and services have impacted youth

Comments received from the end-of-year student surveys administered in May 2022

ABC Students

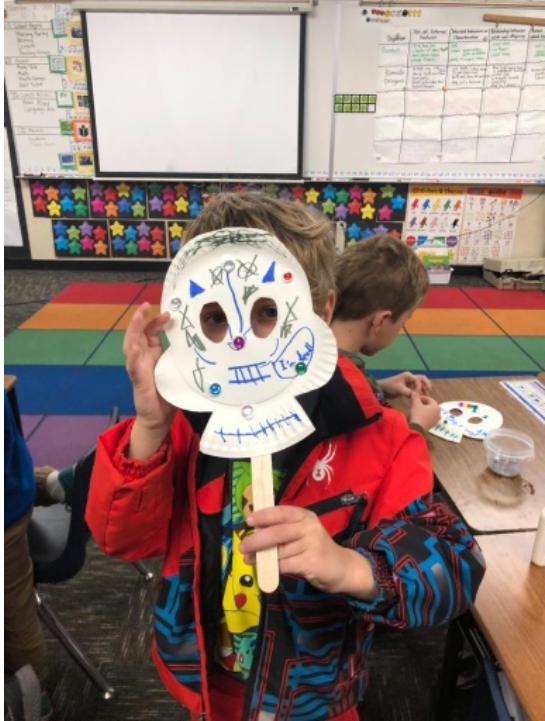
- "I used to be a bystander when someone I saw was getting bullied. Now I try to stop bullying when I see it. I also sometimes used to bully people without knowing what I was doing when I wanted to be funny. I try to stop myself now."
- "I include more people when I play games."
- "I asked someone if they were okay."
- "I learn how to make more friends and meet friends."
- "I have used perseverance to keep doing things when things are hard."
- "I have used the Trouble Talk lesson by not spreading rumors that I have heard about my classmates."
- "Before I say something, I think before I say it and make sure that it's something I should actually say."

Los Dichos Students

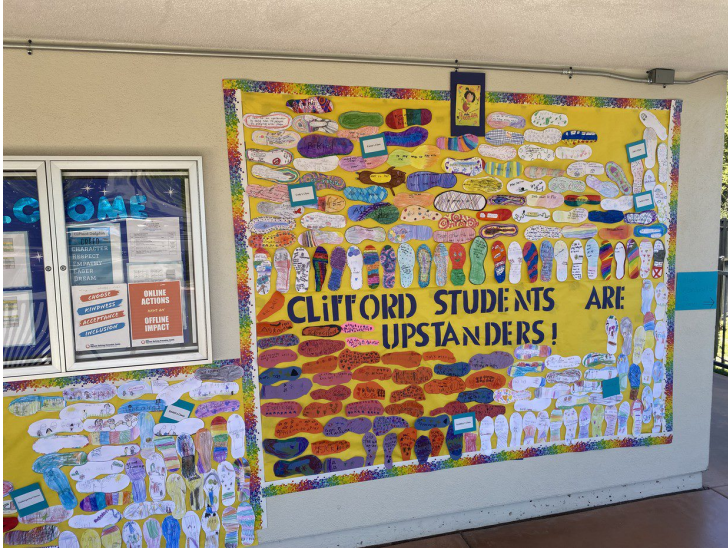
- "A lot of the lessons I did apply to my life, and they help."
- "Los Dichos made me feel more connected to my culture at school as I do with my family members."
- "I learned that anything is possible."
- "The moral of the books helped me."
- "Learned how to be a better person."
- "[I learned how] to be myself."
- "I learned to be kinder to people."
- "I learned to care for others and help people who need help."
- "I have used the lessons of 'find a friend, find a treasure' to come out of my shell and make new friends."
- "I try to make others feel equal or welcome. Such as the quote, 'Kindness is a universal language.'"
- "I learned how to take care of myself."

Middle School SEL Students

- "I have learned how to deal with stress and time management."
- "I use empathy to understand what others are going through when they are mean to me or others so I can better understand why they do the things they do."
- "I have made more healthy choices such as getting a better sleep schedule."
- "I have tried thinking about my choice of words or actions before doing something and apologizing if I hurt someone in any way."
- "I learned to identify my goals and make the SMART goals."
- "I have learned to stay true to myself and resist negative peer pressure."
- "When I was not feeling the best in my mind and my mind sort of jumped off the deep end, I was able to ask for help."



Los Dichos Student



UPstander Mural



Web of Support