



# YMCA Project Cornerstone 2022-23 Impact Report

## 2022-23 by the numbers ...

- **4,497** caring adults delivered our school-based programs (Asset Building Champions, Los Dichos, Middle School Social and Emotional Learning Curriculum, and PreK-Transitional Kindergarten) to **56,588** youth!
- **340** 4th-8th grade students participated in our Expect Respect Leadership Workshops and have put together action plans to create more inclusive and safe environments at their schools.
- As members of our Student Leadership Council, **18** high schoolers from different schools gained leadership skills and lent their voices to help us understand how we can better support and serve youth.
- Nine *Take It Personally* six-week workshop series and 37 single-session workshops were delivered to **680** adults.
- We held our Asset Champions Awards event in person for the first time since 2019. Over **450** people came together to celebrate outstanding schools, individuals, and businesses who are creating caring school environments and serving as positive youth and adult role models.

## How Project Cornerstone's programs and services have impacted *adults who have delivered our programs* (volunteers and/or school staff)

Comments received from the end-of-year program survey, administered in May 2023

- "I feel more connected with the school, community, and students."
- "It has made me more aware of the important to support all youth and helping to make connections with them to support and build them up in becoming successful citizens in their community."
- "It has made me more aware of the students' emotional needs and purposely dedicate time to connect with them."
- "It made me think about my own behavior in complex and emotional situations."
- "I have come to realize how important it is to be a kind and warm adult in the kids' lives."
- "It has been one of the most significant volunteer experiences of my life and I am so grateful for what it has taught me."
- "Me ha proporcionado herramientas para tener buena comunicacion, interaccion con mi hijo, niños y jovenes de la comunidad y la misma escuela para la cual soy voluntaria." (It has provided me with tools to have good communication, interaction with my son, children and young people from the community and the same school for which I volunteer.)

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

- “Debemos dejar que nuestros hijos se expresen y apoyarlos en su intento de ubicarse en este mundo, respetando su espacio y guiándolos.” (We must let our children express themselves and support them in their attempt to find their place in this world, respecting their space and guiding them.)
- “Remember to be present and not be a manager. Start letting them start taking risks and letting them try things on their own. Keep an open dialogue. And I need to put my phone down more and be more present!”
- “Be an empathetic and active listener.”
- “Making young people feel valued and heard.”
- “See my children for who they are and value, respect, and love them.”
- “There is a community that I can reach out to who is dealing with these same challenges on a daily basis.”
- “Everything my child is doing or going through is absolutely normal and I learned methods and tools to help support and encourage that growth, even when difficult.”

### **How Project Cornerstone’s programs and services have impacted *youth***

Comments received from the end-of-year student surveys administered in May 2023

#### ***ABC Students***

- “(The lessons) have taught me how to accept people for who they are, what they are like, and where they are from. I have tried to meet new people and support who they are and how they feel.”
- “I learned that you don’t have to be perfect at everything. You can just be OK at it!”
- “I learned how to be an UPstander and fill people’s buckets. If people are left out I try to include them.”
- “I remove the muddy thoughts by using positive and clear thoughts.”
- “A new person came to my school and I didn’t judge them by their appearance.”
- “I learned that the more inclusive you are, the more welcome everyone can feel.”
- “When I thought I couldn’t do something, I used positive self talk to feel better.”

#### ***Los Dichos Students***

- “The lessons taught me that you should never give up on your dreams.”
- “When I got stuck on a math questions, I almost gave up but then remembered the dicho ‘Never give up’ and then I solved the math problem.”
- “I have taken action to help others feel accepted.”
- “Yo empeze a representar a mi cultura y mi país. Hablo con las personas sobre Mexico como las celebraciones y tradiciones.” (I started to represent my culture and my country. I talk to people about Mexico such as celebrations and traditions.)
- “I have learned to treat people the way you want to be treated and treat people nice.”
- “I learned that you can do what you want but it might not be how you imagined.”

#### ***Middle School SEL Students***

- “I have learned ways to be safe online. For example, when a website asks me about private information, I know that I should leave and know how to identify a trusted website.”
- “I have learned to respect boundaries in friendships.”
- “I learned how to identify toxic versus healthy relationships and applied to my own life.”
- “When I accidentally said something hurtful to a friend, I immediately realized and apologized sincerely.”
- “I learned that not everyone can get their way all the time. Sometimes they just have to go with the flow.”
- “I know how to use active listening skills and use non-verbal cues when communicating with people.”
- “When I am upset, instead of yelling at the person, I explain my feelings in the hopes that they will understand.”



## Thank you to our 2022-23 Funders

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Questions? Interested in volunteering?

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