



2016 BOYS RUN SEASON

Boys Run I toowú klatseen aims to instill healthy relationship and lifestyle skills in boys through running and cultural lessons, empowering them to create a community of non-violence and respect.

Why Boys Run?

Alaska has some of the highest rates of suicide, substance abuse, domestic violence, and sexual assault in the nation. **Connection to supportive adults, healthy problem solving skills, and other social & emotional skills** can protect youth against unhealthy situations such as dating violence, harassment, and self-destructive behaviors.

Boys Run I toowú klatseen envisions boys growing up into confident, compassionate men who will help create a community of respect and nonviolence.

Participants practice setting goals, working as a team, and making positive decisions to promote healthy lifestyles and challenge negative stereotypes. Through peer role-modeling and with the mentorship of men and women in the community, we hope boys will incorporate these values into their lives!

One boy's story



Throughout the program, E.J. and his teammates learned to use healthy communication to resolve conflict, resist peer pressure, and challenge bullying.

"Boys Run helps me to control my emotions. It's nice being in Boys Run because it is fun and boys get to be together."

Boys Run by the Numbers

115

Total miles run by boys on December 5th

14

Volunteer coaches who mentored Boys

37

Boys participated in Boys Run this year!

100%

Of parents say that Boys Run was a valuable experience for their boy.

Program Impact

"[Boys Run] is laying the foundation of life, with the cultural aspects, respect, and basic manners. They learn accountability, teamwork, and communication."

-Coach

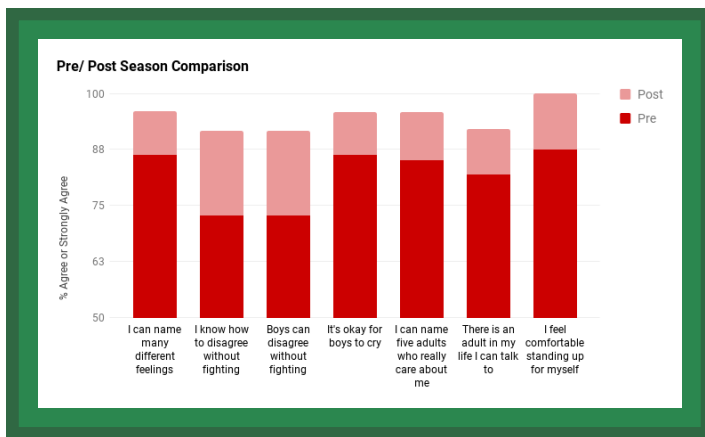


"What a wonderful program— just can't tell you enough the positive impact you are making in our sons' lives!" - Parent

2016-2017 Season

The 2016-17 season of Boys Run I toowú klatseen was implemented in the fall at Keet Gooshi Heen Elementary school in Sitka and in the spring at Kake Elementary School.

This season, boys reported...*



*Every year we measure the effectiveness of this program through a survey given at the beginning and end of the season. Left is a selection of data from this year. The darker red shows what level boys were at at the beginning of the season, and the lighter red shows how they've grown by the end of the season. Below are some of the boys' post-season results.

At the end of the season...

100%

Of boys agree that everyone deserves to be treated with respect.

100%

Of boys appreciate the differences that make people Special.

100%

Of boys agree that it's important to help others in the community.

93%

Of boys believe that being a "strong man" is about inner, not outer, strength.

Boys Run would like to thank its sponsors for their generous support!



Boys Run I toowú klatseen was developed by SAFV and AWARE and implemented in Sitka, Juneau, and Kake. Contact us at schools@safv.org or visit www.safv.org for more information.