



One Circle Foundation's mission is to transform lives through circles that promote resiliency and healthy relationships through gender and culturally responsive, restorative models. We provide training, curricula and consultation to all youth-serving sectors. We envision a world where every child and teen can have access to a circle where they can develop positive, connected relationships as the foundation for healthy development. The circle becomes a safe and consistent place for youth to navigate social-emotional and cultural conditions and to examine gender norms to promote healthy adolescent identity formation.

Girls Circle® and The Council for Boys and Young Men®

Our models integrate evidence-based principles of strengths-based approaches, motivational interviewing strategies, and positive youth and adult development. The goal of the models is to meet foundational needs for belonging and connection. Programs implement these circle models to improve outcomes in education, justice, community based organizations, mental health, child services, workforce development, public health, faith based groups, camp and adventure programs. The circles promote respect, restorative environments and opportunities for critical thinking and communication about gender-relevant themes and issues impacting participants' lives. The models are designed for youth ages 9-18.

How does it work?

Each week, six to ten youth of the same gender, similar age and development meet with one or two facilitators. Meetings are held for ten weeks or more, depending on the capacity of the setting.

Topics include: *Healthy Competition, Bullying, Emotions, Gender Role Expectations, Self-confidence, Teamwork, Conflict Resolution, Healthy Use of Power, Respecting Others' Boundaries, Being Allies, Relationships, Education, Leadership, Community Service, Diversity, Media Messages, Personal Values, Integrity, Future Goals, Overcoming Adversity, Cycles of Addiction and Decision Making, Nature as a Healing Environment, Being a Girl, Trusting Ourselves, Friendships, Body Image, Social Media, Sexuality and more.*

To participate, youth make a commitment to attend the meetings, and agree to follow co-created community agreements. Youth participate at their own pace. Participants can express a range of ideas and emotions with peers and can expect respect and high regard in circle.



Research shows that One Circle Models:

- Increase girls' self-efficacy and attachment to school¹
- Increase school engagement for boys and young men²

1 2005, 2007, Girls Circle Evaluations, Dominican University of San Rafael; Ceres Policy Research, Santa Cruz <http://onecirclefoundation.org/research-GC.aspx>

2 2008, Boys Council Evaluation, Portland State University, <http://onecirclefoundation.org/research-TC.aspx>