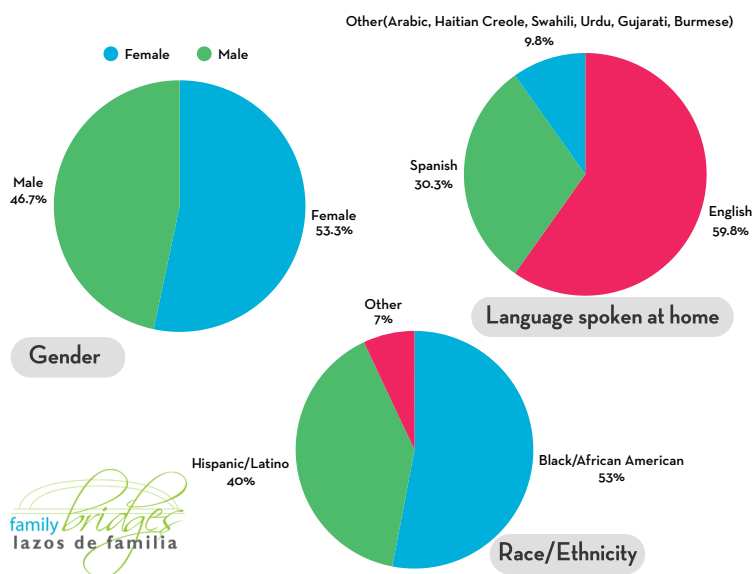
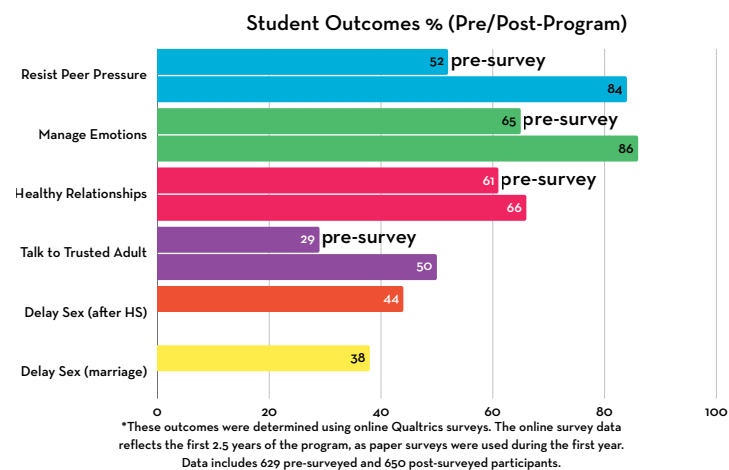
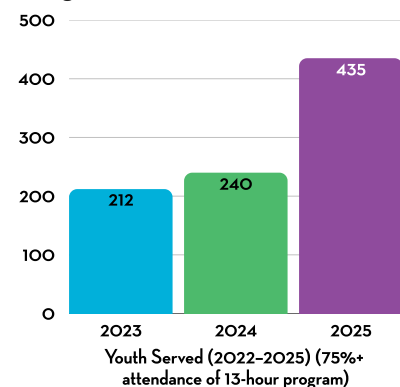


# Bridgekeepers Program



## ABOUT:

Bridgekeepers is an innovative program serving youth ages 14-19, designed to help navigate key challenges of adolescence-building healthy relationships, making informed decisions, and managing emotional and social pressures. Through engaging workshops, coaching, and service learning, the program strengthens self-awareness, supports safer choices, and empowers students to communicate with trusted adults as they work toward their goals.



## AT A GLANCE

- 889 youth served (2022-2025 attendance)
- 20+ trained coaches and 3 workshops
- 10 partners + 1 affiliate
- 19 youth-led service projects
- 94% completion rate (13+ hours)



## THROUGHOUT THE YEARS

A LOOK AT BRIDGEKEEPERS' GROWTH AND COMMUNITY REACH OVER THREE YEARS

### Site Partners

- 2023: 4 partners
- 2024: 5 partners
- 2025: 7 partners

10 partners across schools and community organizations

### Service Projects Completed

(Examples: essential packages, meals for unhoused, letters to hospice, community clean-ups, tree planting/safe space, clothing drives)

- 2023: 4
- 2024: 6
- 2025: 9

Total: 19 service projects

### Student Ambassador Program

Launched in 2025 with 4 Bridgekeepers alumni.

## IMPACT

### Student Satisfaction

1

- "I felt respected" - 98%
- "The program was engaging" - 92%
- "I would recommend Bridgekeepers to a friend" - 84%

50% of students report they are more likely to talk to a trusted adult after participating in Bridgekeepers—a critical protective factor associated with safer choices and emotional well-being.

2

### Core Student Outcomes (PRE → POST)

Bridgekeepers strengthens key protective factors linked to safer, healthier decision-making. Students showed significant improvements in:

- Resisting peer pressure
- Managing emotions in healthy ways
- Thinking about consequences before acting
- Talking with a trusted adult about sensitive topics
- Making plans to reach their goals
- Envisioning a positive future for themselves

PRE → POST improvements ranged from +21% to +33%