Dr. Deborah Prothrow-Stith is a professor of Public Health Practice and Associate Dean for Faculty Development in the Department of Health Policy and Management at the Harvard School of Public Health. While working as a physician in inner-city Boston, she broke new ground with her efforts to have youth violence defined as a public health problem, not just a criminal justice issue. As her passion for violence prevention grew, Dr. Prothrow-Stith moved from the medical field to public health and collaborated with others to create a social movement to prevent violence that has had an impact on Boston and the nation.

Initially focusing on general youth violence in her book, *Murder is No Accident: Understanding and Preventing Youth Violence in America*, Dr. Prothrow-Stith narrowed her scope for her next book to concentrate on girl violence in *Sugar and Spice and No Longer Nice: Preventing Violence Among Girls* with co-author Howard Spivak, MD. Many of the girls Big Sister serves are all too familiar with girl-on-girl violence, but by putting friendship in the path of risk Big Sister is helping Greater Boston’s girls see beyond the violence and make healthy decisions about their futures.

I welcome this opportunity to connect with the Big Sister community. I’ve been in my position as CEO for a short, but intensive seven month period. We have been making important strides in positioning Big Sister to significantly expand the reach of our programs to serve more girls in Greater Boston. I believe we have the professional talent, the expertise and a proven gender-specific mentoring approach which will serve us well during this growth. Our goals are aggressive, and they are driven entirely by the unique challenges that girls face today. The reminders are constantly reinforced. Just open a newspaper or tune into a local or national TV newscast. Invariably, young girls’ problems play themselves out in personal and often heartbreaking ways.

I know that mentoring can give a girl the attention and support she needs. At Big Sister we put friendship in the path of risk: an adult friend who can listen, guide, encourage and support a young girl. We teach our mentors how to be “friends,” how to allow a girl to express her feelings and discuss her fears. We support these friendships so that they last through the adolescent years when peer pressure can take the place of good judgment. We conduct workshops built around a curriculum focused on building trust, expressing anger and disappointment, maintaining personal safety, resolving conflict and developing a positive self-image. At Big Sister we make it a priority to not only form positive relationships between a girl and an adult woman, but to also give that girl the tools to make healthy decisions in all areas of her life.

For those adolescent girls who are listening more to their peers than to adults, we conduct group mentoring at middle schools throughout the City. I attended a session in an East Boston school led by our group worker, Catherine Small. Huddled in a circle in a small room off the library, I asked the diverse group of 14 year-old girls why they participated in the group. Here is what they said:

“Out there, I’m not always nice; I’m sometimes a jerk. In here I don’t have to be. I don’t need to have an attitude in here. Cat is like a mother but she’s not a mother because I can tell her anything. Cat listens to me and she doesn’t judge what I say. I have learned a new perspective. I feel comfortable in here.”

—Life Choices, Little Sisters.

When girls are angry or disappointed, it has been shown that they generally hurt themselves, not others. This self-inflicted pain which has sadly been largely ignored in the past, is now turning outward. Unfortunately, it has taken this dramatic shift to get our attention and realize the magnitude of the problems.

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What experience tells us is that these girls will begin to test their new voices outside the safety of this group. They will start to see people outside the room differently; their decisions will change because they have changed.

This group is just one example of the thousands of girls Big Sister works with each and every year. In Greater Boston there is only one Big Sister. We are:

- Exclusively dedicated to addressing the social, emotional and developmental needs of girls;
- Running group programs for adolescent girls designed to provide adult mentors to girls at the stage of development when peer groups become powerfully influential;
- Training our mentors on the issues that affect girls from elementary school through adolescence;
- Employing social workers and professional staff who have backgrounds in women's and girls' issues;
- Working with the United Way of Massachusetts Bay to train staff at affiliated agencies to be more intentional in their mentoring of girls in their programs.

Thanks to your support, Big Sister will reach out to more than 3,100 girls this year, and 5,000 girls by 2010. These are not just numbers, they are individual girls who will be served in one of our programs. We will continue to provide our life-changing services to the girls of Greater Boston with the vision of creating a systemic change in their lives, their families' lives and the community as a whole. Perhaps next time you open the paper or turn on the TV, instead of seeing fear and helplessness, you will see hope and resilience in our City's girls.

Deborah Re, CEO

This toxic environment is in part a product of certain adult attitudes and practices:

1. The glorification and “selling” of violence to children by the media and the social culture. We are sometimes asked if it is a good thing that girls are finally standing up for themselves and fighting back. Unfortunately, in a society where standing up for yourself equals violence, that is a reasonable question. Our goal for girls (and boys too) is that they be nonvictim and nonviolent.

2. The false reassurance offered to middle-class suburban families by the unfair stereotype that minority and inner-city girls are the only violent girls. In the past, false reassurances about boys’ violence and drug use meant that schools and communities were unprepared to act promptly and failed to prevent epidemics of violence and drug abuse.

3. The significant attention given to stranger violence, which often overshadows efforts to address family, friend, and acquaintance violence. Girls and women are more likely to be victims and perpetrators in settings where they know the others involved. Unfortunately, family, friend, and acquaintance violence receives very little news coverage, public policy attention, or private or public resources, even though nearly half of the rapes and the homicides in America involve individuals known to each other.

4. The current boy-oriented approach to violence prevention programs, which ignores the aspects of socialization, vulnerabilities, peer relationships, and family position and other characteristics that make girls quite different from boys.

5. The boy-oriented practices of the criminal justice system and other community institutions, including schools, which are inadequate to meet the unique challenges facing girls.

These are attitudes and practices that must change.

Big Sister applauds Dr. Prothrow-Stith for her work on behalf of girls. Each of Big Sister’s one-to-one and group mentoring programs hope to address the myths and stereotypes identified above and give girls the tools to make non-violent decisions about the issues that they are facing.

Deborah Re, CEO

Excerpted from Sugar & Spice and No Longer Nice by Deborah Prothrow-Stith.
In 2006, Big Sister served more than 760 girls through our Life Choices and TEAM groups. Big Sister’s Group Mentoring programs are currently partnered with 39 sites in Greater Boston, including the Boston Court Clinic and 25 schools within the Boston Public School system.

Our Life Choices groups serve girls ages 11-17. Groups meet for 90 minutes, once a week, for 22 weeks. They take place at middle schools, community centers, camps and the Boston Court Clinic. Here are some responses given by Little Sisters in several of our recent Life Choices groups:

**What is one thing you learned about working in a Group?**

“It is easier to do things if you work together.”

“How hard it is to get along with everyone, yet how important it is.”

“You’re not the only one that has problems.”

“I learned how to compromise and trust others and know someone is here for me.”

**What did you like about Group?**

“I like that we can just come in and talk about anything that comes up.”

“The adults actually understood me and have a sense of how a kid my age can feel.”

“Talking about things that really matter to teens.”

“That we laugh, but still talk about important things.”

**What was the main reason you decided to stay in this Group?**

“I liked feeling that I belonged somewhere. And I had someone to talk to.”

“Because it gives me a chance to learn more about sisterhood.”

“I made a commitment and that means to stick with it.”

Serving this large a volume of girls affords us the opportunity to get a pulse on what’s going on with girls today. Providing quality services to this many girls also requires us to continually enhance our group mentoring services so we may best respond to the range of girls we serve.

In Group, girls speak routinely of not trusting each other as a result of rumors or misinformation. Our Groups provide a forum to explore these assumptions and girls often leave with a greater understanding and compassion for one another. In response to this growing theme of mistrust among girls, we emphasize and practice the concept of sisterhood in Group. We challenge girls to stand up, support each other and give each other the benefit of the doubt. In addition, we continue to customize and create engaging activities that allow girls to critically examine the peer and romantic relationships in their lives.

Our Little Sisters also speak frequently of the impact conflict and violence have on their daily lives within their community and with their peers. For some of our girls conflict and violence are a genuine matter of survival and honor. Assisting girls in dealing with the real life dilemmas of having to establish respect and preserve honor when faced with a confrontation, conflict or a perceived threat is a formidable challenge. We know telling girls to “just walk away” is not enough so we are tailoring our group content so that it accurately honors the girls’ real life situations and exposes them to alternative ways of handling conflicts.

In 2007, we will serve 800 girls through our Group Mentoring programs. We will continue to track the emerging trends we see in our Groups in the coming year and align our services accordingly. This, coupled with the safe and confidential space our Groups provide, foster the competence, confidence and caring inherent in the girls we serve.

On February 15th, Big Sister said farewell to Rose Bernstein, the organization’s first social worker and Executive Director, who passed away at the age of 98.

In 1952, a year after Big Sister Association of Greater Boston’s founding, Bernstein started as a social worker providing support to some of Big Sister’s first matches as well as taking on the role of Executive Director. Under her leadership, Big Sister began to take shape as Bernstein secured the organization’s first office space, located on Mt. Vernon Street in Boston. Though Rose had already committed much of her life to helping others — particularly championing single mothers lacking support in the 1940s and 50s — Rose said she came upon her position at Big Sister rather serendipitously.

“Big Sister was looking for a director and I was looking for work. I don’t recall exactly how we met, but meet we did, and it was a case of instant compatibility,” said Bernstein.

Bernstein herself was an inspiration. Coming from a poor family living in the Russian-Jewish community of New York City’s Lower East Side, her parents wanted to ensure their children received a solid education. In a time when few women pursued higher education, Bernstein graduated from Cornell University with a bachelor’s degree in English and went on to receive a master’s degree in education from City College of New York, as well as a master’s degree in social work from Case Western Reserve University in Cleveland, Ohio.

“[Rose was] a social worker’s social worker,” said a colleague of Bernstein’s. “She mentored generations of us.” Thanks to Bernstein’s dedication to Big Sister, generations of Greater Boston’s girls will continue to thrive through the power of mentoring relationships.
Match Highlight
LITTLE SISTER CARMEN AND BIG SISTER STACEY

While most 3rd graders eagerly anticipate the arrival of summer vacation, Little Sister Carmen greeted it with mixed emotions. Carmen is a Little Sister in Big Sister’s School-Based Mentoring program at Montclair Elementary School in Quincy and has been matched with Big Sister Stacey since September 2005. Little Sister Carmen knew that when the school year ended her weekly lunches with Stacey would be put on hold until fall.

Stacey is so great. She is really funny and always makes me laugh. We have so much fun together,” says Carmen of her Big Sister. Sensing Carmen’s anxiety over the temporary separation, Stacey had an idea. At the end of the school year she presented Carmen with a package of eight self-addressed stamped envelopes, so that the two could easily stay in touch over the summer.

Turns out eight was not enough for prolific writer Carmen who quickly used all eight envelopes and another 24 over the course of the summer! In her letters, Carmen told her Big Sister about all her summer adventures — from an exciting trip to the Statue of Liberty to a “big waterfall” in Canada and a visit to Castle Island. Carmen told Stacey about her own duties as a big sister, helping her little brother get ready for kindergarten in the fall. “Writing all summer helped to make the transition to seeing each other again after the break easier and more exciting because we had kept in touch the whole time,” said Stacey. Carmen and Stacey eased right back into their weekly lunch meetings and even resumed and on-going arts and crafts project.

Did You Know?

- The number of female delinquents in Massachusetts more than doubled over the last decade.
- 73.4% of Little Sisters have shown improvement in avoiding delinquency.
- While 13.1% of the girls surveyed were actually categorized as overweight, 34.1% reported thinking they were overweight.
- 81.9% of Little Sisters have shown improvement in self-confidence.
- 24% of girls in Boston reported having been offered, sold or given drugs at their school at least once in the last 12 months.
- Girls with a Big Sister are 46% less likely than their peers to use drugs.
- 11.2% of Boston girls reported receiving mostly D’s or F’s on their most recent report card.
- 63.5% of Little Sisters showed improvement in their academic performance.

Sources: Centers for Disease Control and Prevention’s Youth Risk Behavior Surveillance Systems Survey of Boston girls in grades 9-12; Public/Private Ventures Study; Big Sister Association of Greater Boston 2006 Program Outcome Evaluations; Girls’ Coalition of Greater Boston “Where Are the Girls?” Report.

Boston Women’s Network Raises Nearly $10,000 for Big Sister

Boston Women’s Network (BWN), a non-profit women’s networking group, hosted its second annual holiday mixer and auction on December 5, 2006 to support charity partner Big Sister Association of Greater Boston. The auction raised nearly $10,000 and will assist Big Sister’s mission of helping girls realize their full potential by providing them with positive mentoring relationships with women.

Sponsors of the event included a number of organizations such as Bentley College, Harrison Transportation, The MNE Group, Account Pros, and Manhattan GMAT.

The event kicked off with an interactive networking session, followed by an auction with various donated items from area golf and ski resorts, spa and massage treatments, sports memorabilia, theatre tickets and much more.

“As an organization that is committed to helping women succeed personally and professionally, our partnership with Big Sister enables many young women in Greater Boston to grow and prosper,” said Nancy Carmichael, President of Boston Women’s Network. “Last year, we raised $6,000 and we are proud to surpass that figure as a result of this year’s efforts.”

In addition to the annual holiday mixer and auction, BWN and Big Sister Association of Greater Boston have been working together for the past year in an effort to heighten awareness and provide funds for Big Sister’s BIG in Boston annual event.
The Role of Gender in Mentoring

AN UPDATE BY DR. JEAN RHODES AND DR. LEON LITCHFIELD

The Role of Gender in Mentoring Study is being conducted by Dr. Jean Rhodes and Dr. Leon Litchfield from the Department of Psychology at the University of Massachusetts Boston, and is made possible with the generous support of the Edna McConnell Clark Foundation.

In June 2005, researchers from the University of Massachusetts Boston began conducting a study in cooperation with Big Sister Association of Greater Boston to study the effects of gender in mentoring. The main goal of the study is to examine the development and sustainability of mentoring relationships in organizations that match mentors and mentees in either single-sex or coed programs. The project consists of three separate studies which will:

1. collect information directly from youth and mentors through surveys and interviews,
2. analyze data that were previously collected as part of a large community-based study of Big Brothers Big Sisters of America, and
3. examine data as part of an ongoing national evaluation of Big Brother Big Sister School-Based Mentoring programs being conducted by Public/Private Ventures.

While evaluations of volunteer mentoring programs provide ample evidence that mentoring relationships can positively influence adolescent developmental outcomes, including improvements in peer and parent relationships, academic achievement, and self-concept, few studies have focused on the role of gender in shaping the course and effects of these relationships. This study is an attempt to examine key questions regarding the relative importance of a gender-specific approach to mentor training, supervision and programs.

To date, telephone interviews have been conducted with approximately 150 youth who are participating in mentoring programs at Big Sister and at Big Brothers Big Sisters of Massachusetts Bay. As a result of these interviews, we have found that the three-quarters of those participating in the study had not previously been part of a mentoring program, and 88% were very interested in graduating from high school, 79% in attending college, and 83% in being successful in a job or career. The youth in the study were most apt to talk with their parents about schoolwork or grades, and less apt to attend activities such as movies or sports events with their parents — although about two-thirds reporting doing this at least “sometimes.”

In terms of their relationships with other adults, many of the study participants had some contact with adults other than their parents. For example, nearly three-quarters reported

Guiding Principal

By Meg MacPherson,
Manager of School-Based Mentoring

This June, as the school year comes to a close and our School-Based Big and Little Sisters prepare to keep in touch over e-mails and letters, Big Sister Association of Greater Boston will also be bidding a fond farewell to Montclair Elementary School Principal, Kevin Marks. An advocate of Big Sister’s School-Based Mentoring program since its inception in 2001, Marks will retire at the end of this school year after a 31-year career in the Quincy Public Schools.

Marks knows that it takes strong community support and partnerships, like that between Montclair and Big Sister, to effectively educate today’s children. He believes that programs such as School-Based Mentoring are part of the fabric that hold schools like his together.

“The part of who we are,” said Marks. “We can’t do it all alone.”

Over the last six years, Marks has seen the positive impact that mentoring relationships have had on the girls in his school. He believes that School-Based Mentoring has helped to make Montclair a more positive place for the Little Sisters because of the strong relationships they have with their Big Sisters. Marks has seen girls in the program become more self-assured, take more of an interest in math and science and voice aspirations in careers that have traditionally been considered male-oriented. Little Sisters also have fewer disciplinary issues, which he attributes to the fact that they care about what their Big Sisters think of them and want to make them proud.

Impressed by the dedication of the Big Sisters, Marks likened them to the U.S. Postal Service. “Neither rain nor sleet nor snow keeps them away from their visits with their Little Sisters,” joked Marks. He hopes the partnership between Montclair and Big Sister will continue to grow so the girls in his school can receive the extra support and attention to help them see a brighter future at Montclair and beyond.

Big Sister would like to thank Kevin Marks for his avid support of School-Based Mentoring and wish him well in his retirement.
2006 — 2007 MATCHMAKER CLUB

Below, please find the names of the donors who have made gifts or pledge payments of $100 or more to the Big Sister’s Annual Fund between August 22nd, 2006 and March 13th, 2007.

Dream Maker
$25,000+
Beth Terrana
Donald J. Thompson
Jennifer Waldner
Joan & Henry Wheeler

Sandy & Paul Edgerley
Jean Tempel

Friendship Maker
$2,500 — $4,999
Anonymous
Paul & Linda Carter
John Cogan & Mary Cornille
Sara E. Cohn
Judith & Lionel Fortin
Leiha Macauley
Marvin & Dolores Mitchell
Darin S. Samawaseera
Lisa Scannell
Pat Tietbohl

Match Maker
$1,000-$2,499
Thomas L. Barrette, Jr.
Susan Okie Bush
Sara E. Cohn
Susan Connolly
Kim McClain Dacosta
Rob Egan
Suzanne Fay Glynn
Karen Graves
John Hamilton
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Dan Romanow and B. Andrew Zelermyer
Ellen Rottersman & Sandra Lundy
Rachel Samuelian
Tommie Shelby
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Shalini Srivastava
Ann Szeliri
Patricia M. Thomas
Anne Turner
Jessie Von Hippel
Mamie & Rich Wakefield
Meg Wallace & Sandy Anderson
Debra Doncov
Janice & Richard Feffer
Verna Ford
Laura A. Fowler
Beth Ann Friedman
Ellen Galkin
Marlisa C. Ganong
Rosanna Garcia
Gary & Karen Gregg
Jennifer Haft
Marjorie Hahn
Ellen McClain Haine
Ann & John Hall
Marion & Stephen Hall
Natalie Zinn Harr
Mary Joy Hart
Millicent C. Harvey
Sue Hazard
Evelyn Brooks Higginbotham
Jennifer Hochschild
Lewis B. Holmes

Thank You!!
L
ights…camera…action! February 10th was an exciting day for the Big and Little Sister matches who toured the New England Cable News (NECN) studios. Matches saw the control room in action, met with a producer, witnessed a live broadcast and mastered the fine art of telling the forecast — while experimenting with the green screen and weather graphics. Weekend news anchors also met with the matches to discuss their jobs and answer questions, which ranged from school and education requirements, to questions about makeup and hair. Matches were also able to appear behind the news desk, reporting what they learned about their day, and why they liked being involved with Big Sister. The whole group’s visit culminated in a commercial spot for NECN — which has already been on TV! NECN reporter Ally Donnelly led the tour, and spoke of her experiences working with the matches:

The tour seemed to pique interest in several girls — maybe a career at NECN is in someone’s future! Our special thanks to Ally Donnelly and NECN for graciously hosting Big Sister!
Spring and summer bring not only warmer weather and longer days, but also plenty of exciting events hosted by Big Sister!

BMW RAFFLE MAY 1ST
Things will start to heat up when tickets go on sale for Big Sister’s 19th Annual BMW Raffle. Look for that shiny red BMW making stops around Greater Boston starting in May through the drawing on July 20th. Tickets are $100 and can be purchased at the various stops in and around the city, over the internet at www.bigsister.org, or by calling 617.236.8060. The winner can choose between a red 2007 328i BMW convertible or $38,000 in cash! All proceeds will benefit Big Sister’s mentoring programs for girls.

RADIUS BENEFIT JUNE 3RD
Big Sister’s annual celebrity chef event hosted by Radius Restaurant. Join Big Sister’s “inner circle” for this exclusive dining experience, where six of Boston’s hottest chefs will be preparing a decadent six-course meal at one of Downtown Boston’s choicest eateries — Radius. Tickets are on sale now for $500, but seating is limited, so call 617.236.8060 or visit us on the web at www.bigsister.org, to be a part of this not-to-be-missed evening to benefit Big Sister.

MAKE THE CIRCLE BIGGER JUNE 27TH
Big Sister will “Make the Circle Bigger” with our annual breakfast which welcomes new supporters into our circle of friends so we can continue to serve Greater Boston’s girls with quality mentoring programs. The event will be held at the Boston Park Plaza Hotel and is graciously sponsored by State Street Corporation. A generous supporter of Big Sister, State Street is helping us expand our circle by exclusively underwriting the breakfast.

We will also be honoring our Big Sisters of the Year at this event.

BIG IN BOSTON NOVEMBER 15TH
The second annual BIG in Boston has been scheduled for November 15th, 2007 at the Fairmont Copley Plaza Hotel. With the rousing success of last year’s BIG in Boston, we know that this year’s will be even bigger and better!