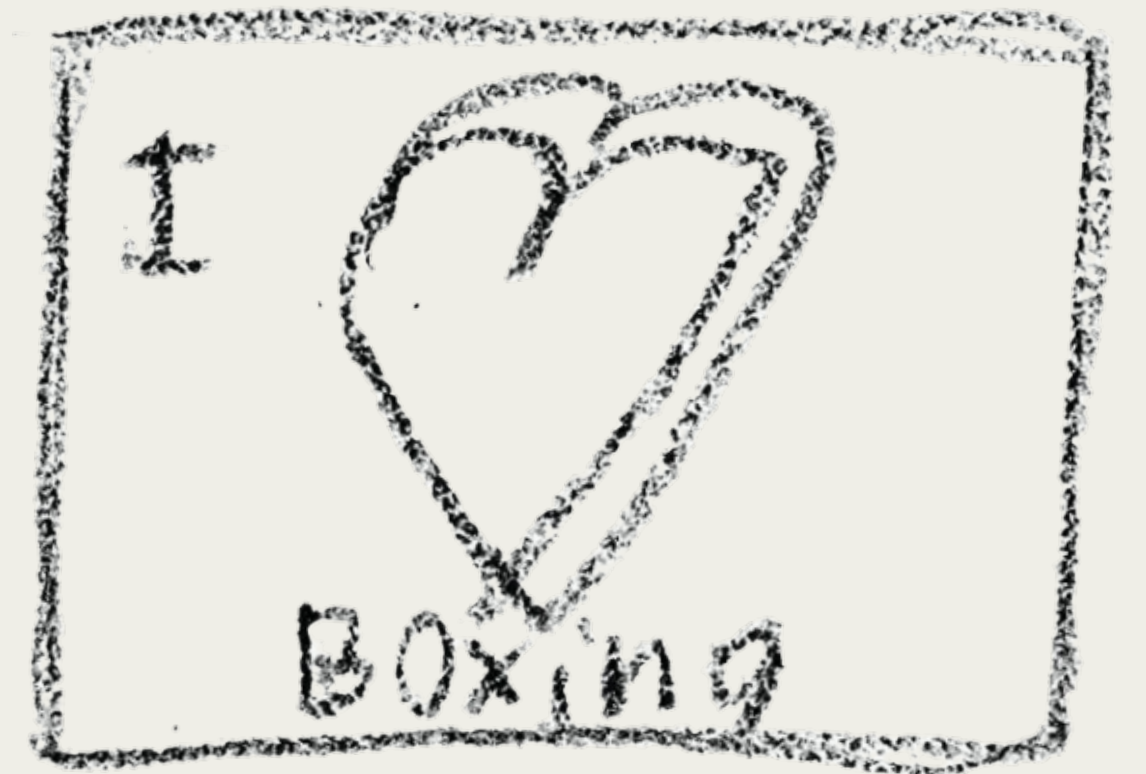




CHAMPIONS OF LIFE

STORIES THAT GO BEYOND THE RING

MADDISON B. VAN DER MARK
IWL SOCIAL ACTION PROJECT
DECEMBER 12TH, 2023





Institute for Women's Leadershi

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice* leadership *through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.



GOAL STATEMENT

The purpose of my social action project is to bring awareness and legitimacy to NJ Give a Kid a Dream Foundation. Small non-profit organizations struggle to establish themselves beyond their towns due to a lack of funding and community awareness. This book will share the stories of success of those who were directly impacted by the foundation while also showing how community based fitness programs reduce possible risks of at-risk youth.

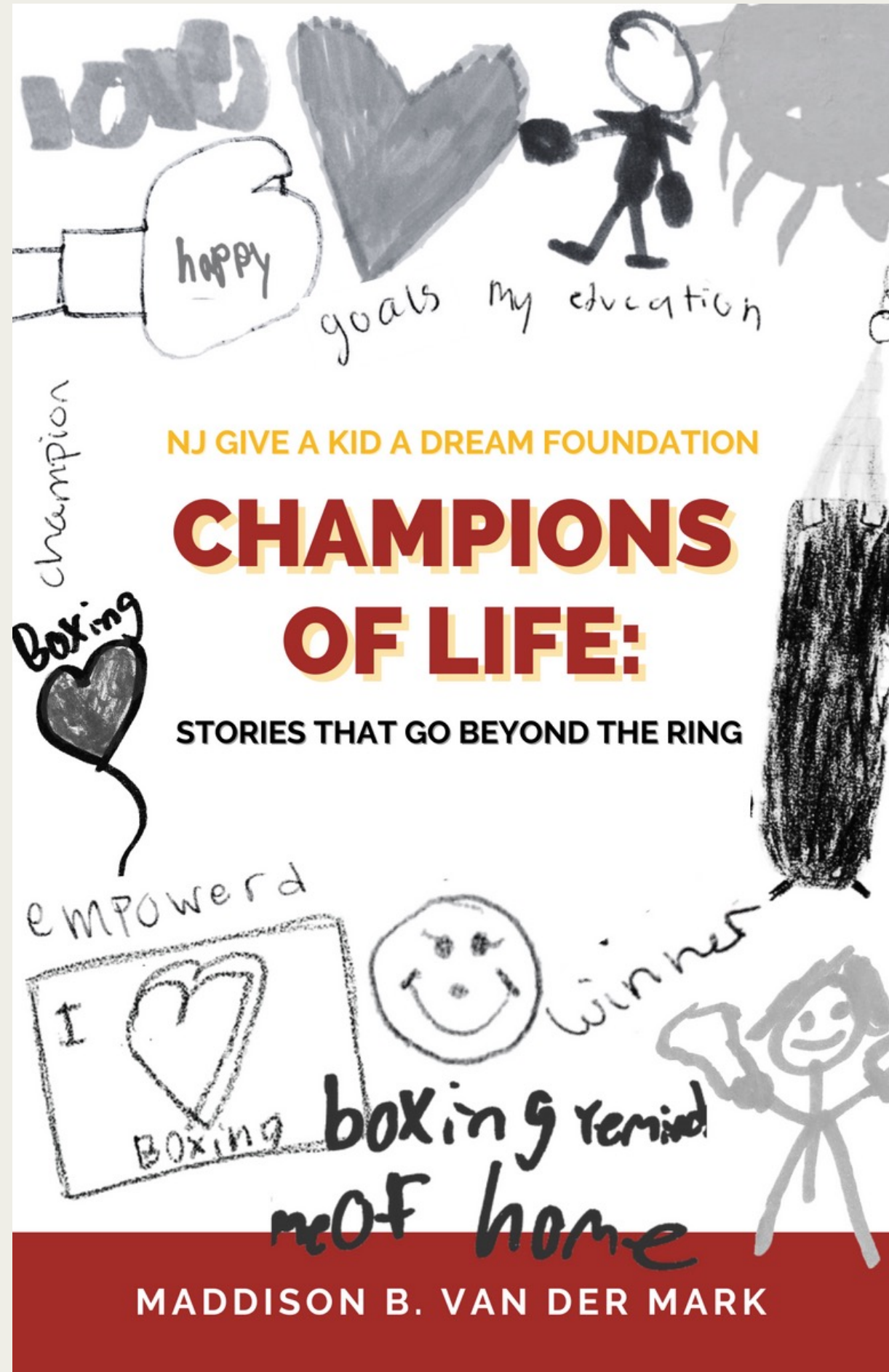
NJ GIVE A KID A DREAM

New Jersey Give a Kid a Dream (NJGAKAD) Champions of life program is a 501c3 organization that supports at-risk youth using the discipline of amateur Olympic style boxing while expanding into fitness, health, mentoring, social etiquette and academic development. The Champions of Life concept teaches youth to not only declare themselves champions in the ring but to strive to become champions in life.



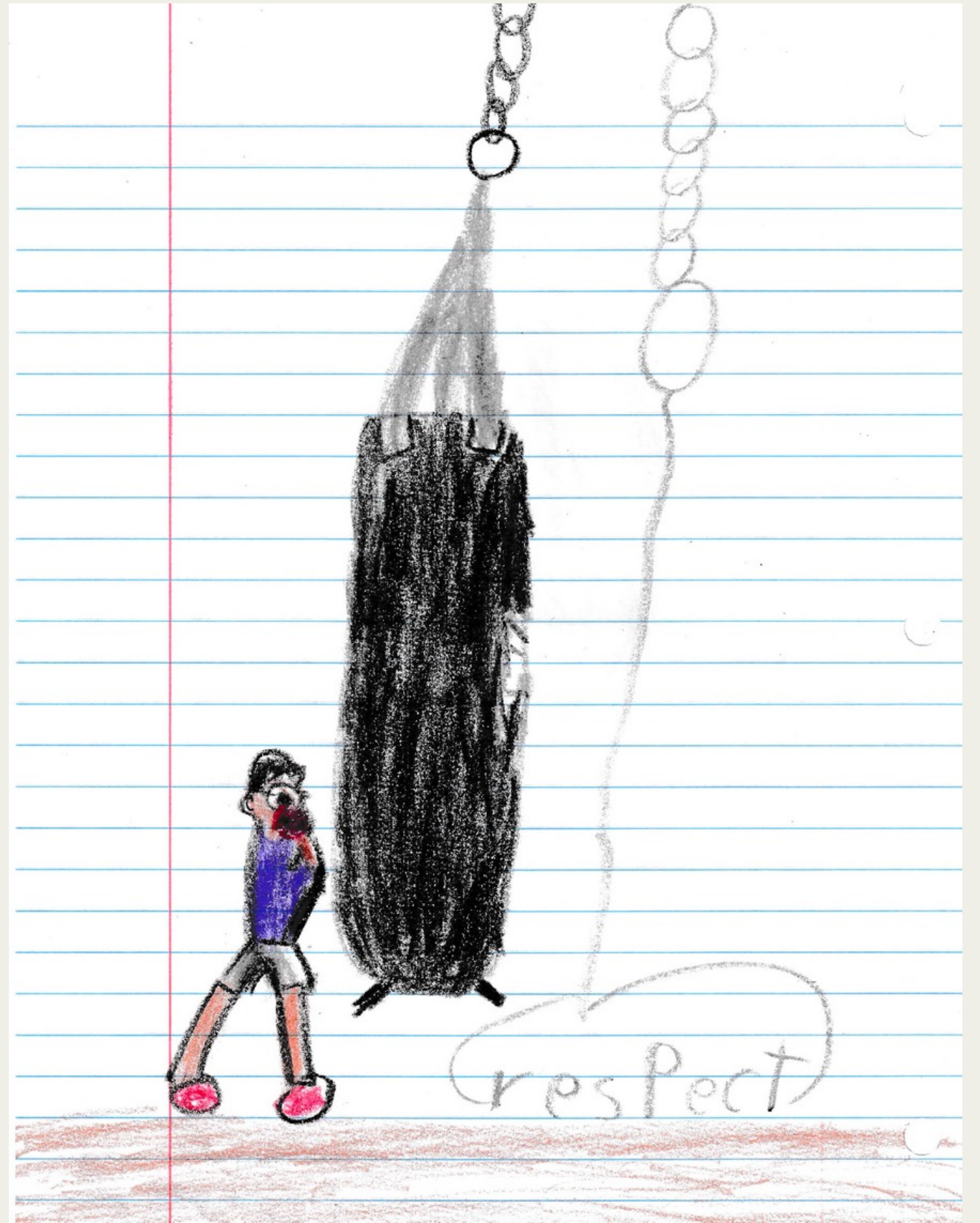
WHO AM I?





This help Me to
have more energy
~~at~~ in every day

I used to wake up late, eat-
late, stay home and just play on
my phone all day. Now that I
started doing boxing I come back
from school, eat, train, run and overall
im more fit.



TIMELINE



APRIL-MAY

- Find an advisor or two for the project
- Meet with NJ Give a Kid A Dream Director to establish guidelines for the project

JULY-AUGUST

- Away for Army Training Camp

SEPTEMBER

- Begin art and writing workshops with youth
- Finalize timeline

OCTOBER-NOVEMBER

- Review content
- Take photos
- Begin drafting
- Finish up the rough draft

DECEMBER

- Finalize book
- Publish the Book for NJGAKAD to use as a tool to continue to develop their organization



ADVERSE CHILDHOOD EXPERIENCES

Adverse childhood experiences, or ACEs, are potentially traumatic events that occur in childhood (0-17 years). For example:

- experiencing violence, abuse, or neglect
- witnessing violence in the home or community
- having a family member attempt or die by suicide

ACEs can have lasting effects on...



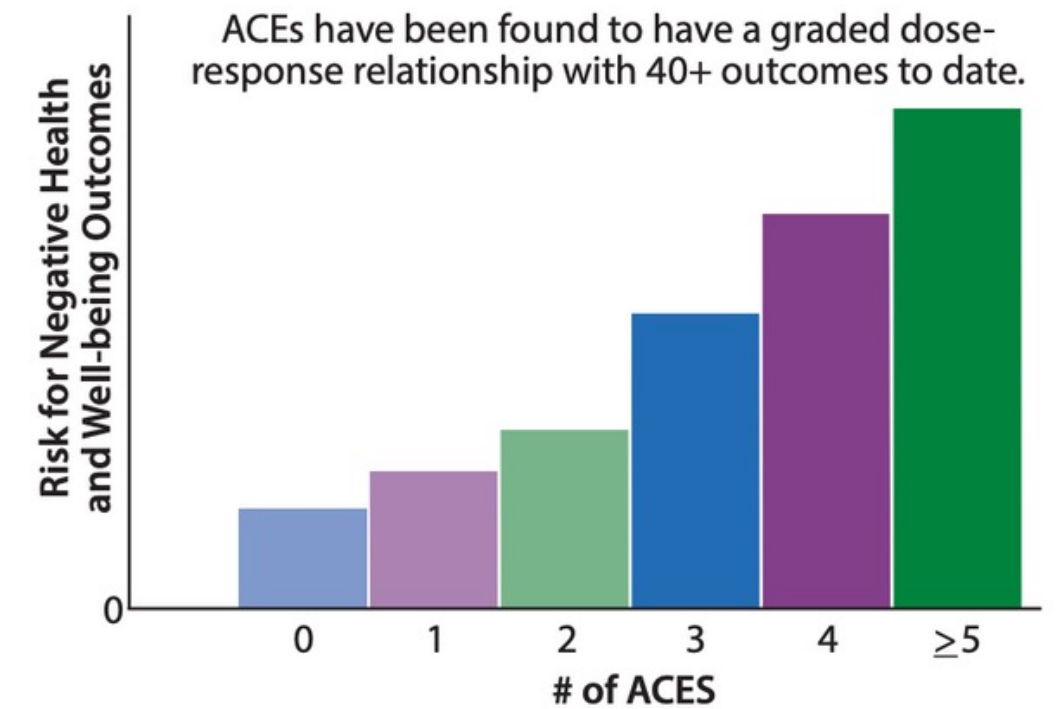
Health (obesity, diabetes, depression, suicide attempts, STDs, heart disease, cancer, stroke, COPD, broken bones)



Behaviors (smoking, alcoholism, drug use)




Life Potential (graduation rates, academic achievement, lost time from work)



*This pattern holds for the 40+ outcomes, but the exact risk values vary depending on the outcome.

IMPACT OF COMMUNITY BASED FITNESS PROGRAMS

 Preventing ACEs	
Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> • Strengthening household financial security • Family-friendly work policies
Promote social norms that protect against violence and adversity	<ul style="list-style-type: none"> • Public education campaigns • Legislative approaches to reduce corporal punishment • Bystander approaches • Men and boys as allies in prevention
Ensure a strong start for children	<ul style="list-style-type: none"> • Early childhood home visitation • High-quality child care • Preschool enrichment with family engagement
Teach skills	<ul style="list-style-type: none"> • Social-emotional learning • Safe dating and healthy relationship skill programs • Parenting skills and family relationship approaches
Connect youth to caring adults and activities	<ul style="list-style-type: none"> • Mentoring programs • After-school programs
Intervene to lessen immediate and long-term harms	<ul style="list-style-type: none"> • Enhanced primary care • Victim-centered services • Treatment to lessen the harms of ACEs • Treatment to prevent problem behavior and future involvement in violence • Family-centered treatment for substance use disorders

IMPACT OF STORY TELLING THROUGH ART

“Storytelling is a way that people can relate to each other, and stories have long been used as a way to get people thinking about viewpoints beyond their own as well as to express our experiences to others.”

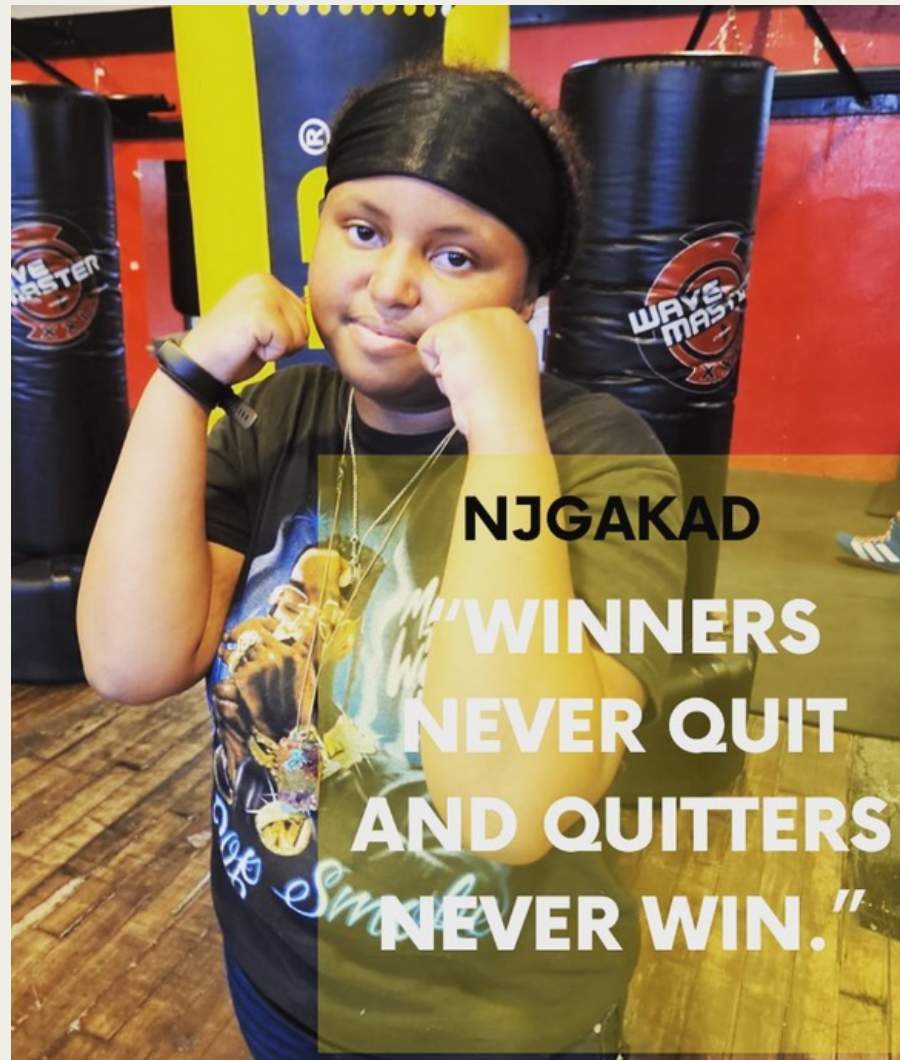


FEMINIST LEADERSHIP

ALL WOMEN LEADERSHIP



GIRLS IN GLOVES

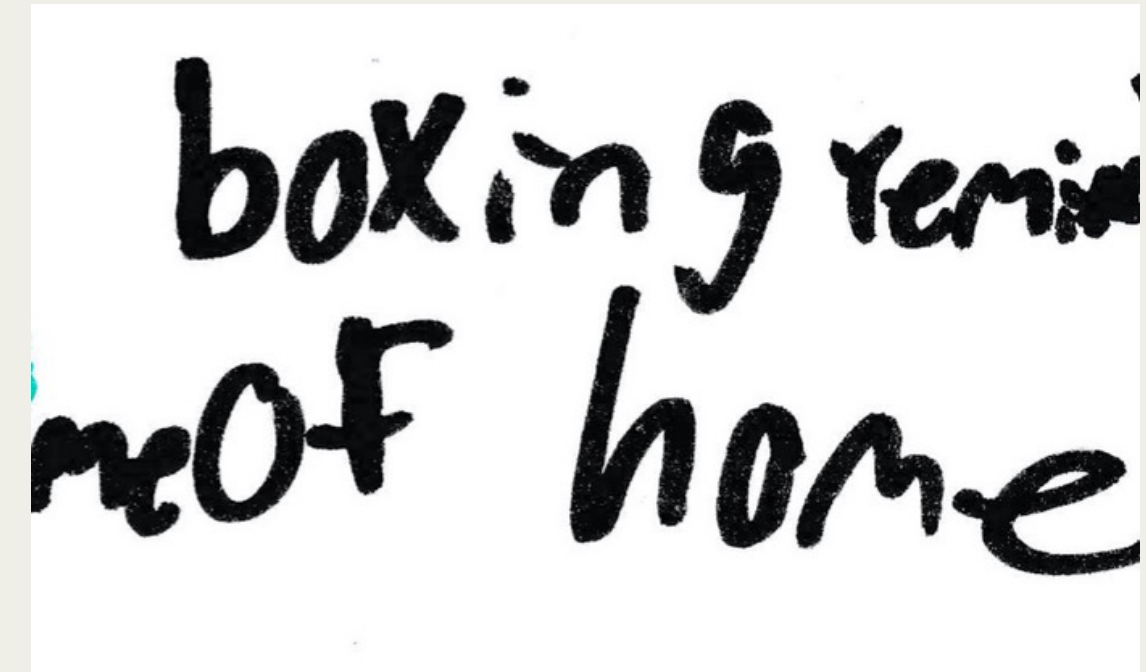


WOMEN IN THE BOXING SPACE

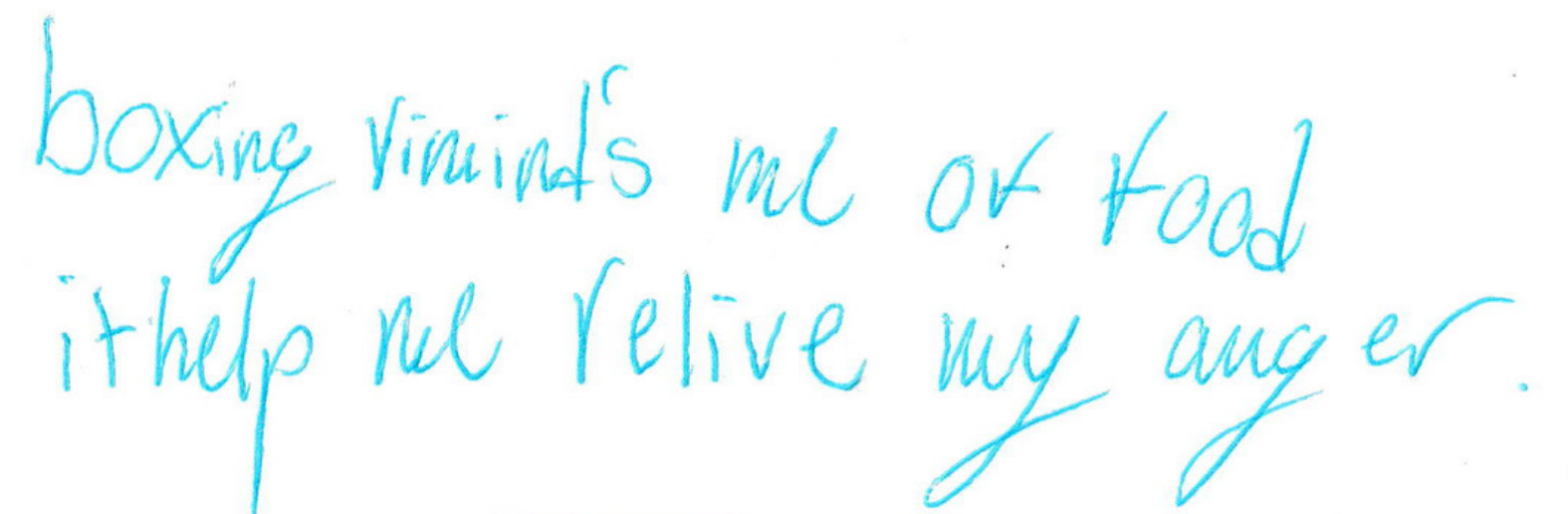


IMPACT & EVALUATION

- Fundraised \$300 in 24 hours
- A tool for getting our story out to the community
- Continued to incorporate art and storytelling as part of the Champions of Life Program
- Demonstrates to youth that we are not defined by the circumstances we cannot control



boxing reminds
me of home



boxing reminds me of food
it help me relieve my anger.

LESSONS LEARNED

- TIME MANAGEMENT IS KEY TO SUCCESS
- BALANCE PROJECT SUCCESS WITH MENTAL STABILITY
- KNOW YOUR WORTH AND FIGHT THE IMPOSTER SYNDROME

This helps me by helping me be loved.
my perception of the sport changed overtime
time by me being more open

CITATIONS

“Adverse Childhood Experiences (Aces).” Adverse Childhood Experiences (ACEs) - Child Welfare Information Gateway,

<https://www.childwelfare.gov/topics/preventing/overview/framework/aces/>.

“Adverse Childhood Experiences (Aces).” Centers for Disease Control and Prevention, Centers for Disease Control and Prevention,

<https://www.cdc.gov/vitalsigns/aces/index.html>.

Antonio. “Impact of Trauma on Child Development.” Therapist with Poor Boundaries, 28 Jan. 2022, <https://michiganncrs.com/child-trauma-intervention/impact-of-trauma-on-child-development/>.

“New Jersey Give A Kid A Dream.” New Jersey Give a Kid a Dream - Elevate...EDUCATE...Embrace...EMPOWER, 4 July 2021, njgakad.com/.