



# Sigma Beta Club

Male Youth Mentoring Program of  
Phi Beta Sigma Fraternity, Inc.

## CHILD OBESITY INITIATIVE

*"Stepping Out Childhood Obesity"*

"Stepping Out Childhood Obesity" focuses on the mind, body, and spirit. It was established by the Foundation to address the progressive illnesses of heart disease, diabetics, hypertension, and other diseases associated with obesity in children, especially with Black and minority children. The primary objectives of this initiative are reducing weight and reversing the poor health of adolescents at an early age through the following action:

- Stepping into Shape
- Eating Healthy
- Exercising Daily
- Knowing the Obesity Facts
- Learning how to Grow your own Food
- Self Esteem Matters
- Advocacy

## ENRICHMENT PROGRAM

In addition to implementing the three unified national mentoring programs, each Club include the following three activities:

- Cultural
- Social
- Athletic

## CULTURAL ACTIVITIES

To provide a well-rounded organization, Clubs include such activities that will broaden the cultural development of its members and provide an appreciation of the value of these events. Club members should make every effort to attend and sponsor cultural events such as art shows, plays, lectures, Step Shows, concerts, dance, recitals, and museums. After attending such affairs, the Club conducts group discussions to determine what was learned, and to make plans for future events.

## SOCIAL ACTIVITIES

The Club is not all work. In addition to providing leadership development and educational improvement, it was also organized to engage in fun, relaxation, and relating to others -- all of which are part of one's growth. Social events should include membership drive parties, Parent's Day which should be set aside for entertaining parents, guardians, special friends and relatives, Club graduation parties, cook-outs, movies, and Step Show competitions.

## ATHLETIC ACTIVITIES

Following the principles of a healthy mind, as well as a healthy body, athletic activities are vital to the Club members. Sporting teams should be considered for football, baseball/softball, golf, bowling, basketball, tennis and swimming.

In addition, Club members should attend major sporting events sponsored by high schools, colleges, and professional organizations, such as National Basketball Association, National Football Association and National Baseball Association.

## SPECIAL PROJECTS

Since the Fraternity is a service organization, it is a must that each Sigma Beta Club develop and implement community service projects. Providing service to others and learning to care about others help members develop a sense of self-pride and care for themselves.

---

**Attn: Ian P. Heisser, President**  
**National Sigma Beta Club Foundation, Inc.**  
**For More Information – email at**  
[info@sigmabetaclub.org](mailto:info@sigmabetaclub.org)

[www.sigmabetaclub.org](http://www.sigmabetaclub.org)  
Sigma Beta Club Youth Affiliate of Phi Beta Sigma Fraternity, Inc.



## PROGRAMS

*The Next Generation of Leaders,  
Accepting the Responsibility and  
Loving the Challenge!*





## NATIONAL SIGMA BETA CLUB PROGRAM FOCUS

The Sigma Beta Club program has a unified and prioritized approach to the implementation on national programs and projects. This approach requires all Clubs to commit to implementing the "Rise and Thunder Curriculum" and to supporting the implementation of programs and projects in each of the National Programs of Phi Beta Sigma Fraternity in addition to those programs or projects unique to young men in their respective communities. The program areas include a "Job Training/Shadow Mentoring and Mentoring and Savings/Investment Program" in Bigger and Better Business, a "Tutorial/ Enrichment Mentoring Program" in Education, and a "Sigma Against Teenage Pregnancy Plus Program" (SATAPP) in Social Action, and a "Childhood Obesity Health and Wellness Program."

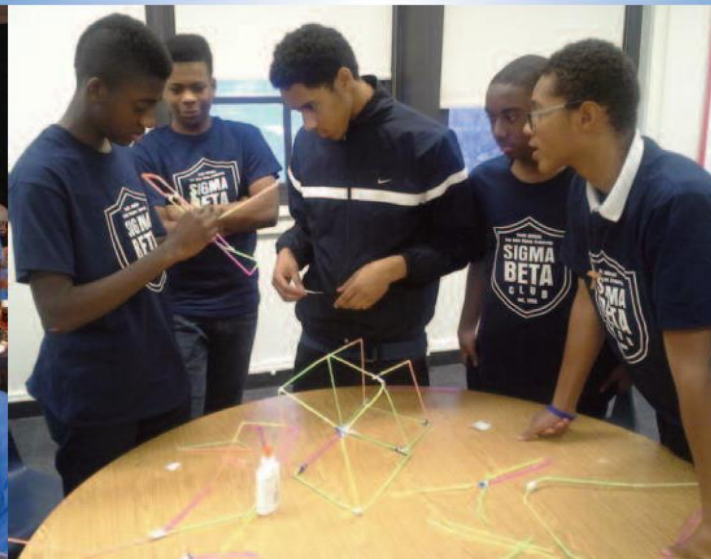


### BIGGER & BETTER BUSINESS

#### *Job Training and Saving/Investment Program*

**The Job Training** component provide the opportunity for Sigma Beta Club members to become aware of business ownership and operation and how to save and invest money at an early age. Club members receive on the job training by interning, volunteering or simply being on the job site of a business of his interest.

**The Saving/Investment** component involves teaching the Sigma Beta Club members about the need to develop and maintain savings and investment accounts at an early age in life to insure financial stability for himself and his family in future years.



### EDUCATION

#### *The Tutorial/Enrichment Mentoring Program*

**The Tutorial/Enrichment** program provides the opportunity for Sigma Beta Club members to recognize the accomplishments and strengths of the members in their educational pursuits, and to monitor and provide academic assistance to increase their GPA for the purpose of preparing them for a college and professional career.

Sigma Beta Clubs are encouraged to develop partnerships with local educational institutions to assist them with their knowledge and skills in taking various entrance and exit tests at the elementary, middle and high school levels.



### SOCIAL ACTION

#### *Sigma Against Teenage Pregnancy Plus Program*

The primary focuses of the **Sigma Against Teenage Pregnancy Plus (SATAPP)** Program are to develop and implement training institutes, workshops and seminars on abstinence and the consequences of teenage pregnancy. A primary focus area is providing members with tools they will need to make smart choices that includes abstinence and a healthy lifestyle by practicing safe sex to avoid contracting sexually transmitted disease.

In the absence of a member's willingness to accept abstinence as a first option or to practice safe sex, the member is introduced to the consequences of paternity and the awesome responsibilities associated with fatherhood and parenting.