500 FIST BUMPS

Big Brothers Big Sisters.

Bigs pre-survey, November 3, 2026, before ANCHOR training

How your Bigs connect with their Littles

Many of your Bigs already connect with their Littles in ways ANCHOR teaches. The survey also shows where they can grow.

Connection behaviors Co-regulation behaviors

A — Acknowledge

61%

acknowledge their Little every time

Strength

N — Name

36%

call their Little by name many times a meeting

Opportunity

C — Connect

89%

connected on purpose at start and end

Strength

H O — Height and Open

75%

sit down and ask when their Little is sad

Strength

32%

do the same when their Little is frustrated

Opportunity

R — Repair

57%

say what they'll do differently after a missed meeting

Opportunity

Bigs see themselves as the exception

What Bigs do What they think other Bigs do

A — Acknowledge every time

61%

11%

R — Repair after a missed meeting

57%

26%

People act on what they believe is normal among their peers. A Big who thinks they're one of the few is less likely to keep doing it. 500 Fist Bumps works to make the ANCHOR behaviors what every Big does, every time, for every child.

Where Bigs can grow

H O — Sit down and ask what's going on

Little is sad — 75%

Little is frustrated — 32%

R — After a missed meeting, would make the next meeting extra fun

Your Bigs — 39%

An extra-fun meeting leaves the absence unspoken. Repair is a direct choice: the Big names what happened and says what they'll do next time.

How 500 Fist Bumps will help

- **A R** Share what Bigs already do, so every Big hears it as the expectation.
- **H O** Teach one approach for frustration: get on their level, ask, and name the feeling.
- **R** Give match support specialists one check-in question: "What did you tell your Little about it?"
- **N** Remind Bigs that their Little's name matters, even one-on-one.

We'll survey Bigs again later this year to see whether the gap closes.

28 Bigs (about 8% of all Bigs) at a training event, before ANCHOR. Most meet at school; most Littles are in grades 3 to 5. Percentages are out of 28 (27 for questions about other Bigs). Attendees may be more engaged, and answers may lean toward the expected one.

Questions? Stephen Hebard, PhD · stephen@thehebsgroup.com · 500fistbumps.org