

About MENTOR: The National Mentoring Partnership

MENTOR is the leader and unifying champion in the mentoring movement. MENTOR engages with the private, public and non-profit sector to expand quality youth mentoring opportunities in the United States. For more than 25 years, MENTOR has provided the public voice of mentoring through developing and delivering resources to mentoring programs, promoting evidence-based research standards on mentoring, developing a national network of affiliates, hosting the National Mentoring Summit in Washington, DC and working to expand funding for the mentoring field.

MENTOR has partners across sectors including notably the NBA, PBS, LinkedIn and a range of other media, government and corporate entities. In the mentoring world, MENTOR serves thousands of local programs and has more than 25 national partners including Big Brothers Big Sisters of America, National 4-H Council, Boys & Girls Clubs of America and YMCA of the USA and others.

MENTOR's Work

In Real Life: The *In Real Life* campaign - launched in partnership with the NBA - encourages people to build mentoring relationships through real life action. *In Real Life* is a grassroots movement of teachers, coaches, public and private sector supporters and advocates who hope to connect every young person to the kind of meaningful relationships that provide us all with networks of support and opportunity.
#MentorIRL

National Mentoring Resource Center (NMRC): The NMRC serves as a comprehensive and reliable resource for mentoring programs, offering free training and technical assistance, mentoring tools, resources, and reviews of mentoring research and best practices.

Success Mentors: MENTOR has partnered with the Department of Education and others to launch the Success Mentors Initiative aimed at reducing chronic absenteeism by connecting students who are at risk of becoming chronically absent with a trained school-connected mentor.

Growth Mindset: In a partnership with City Year, MENTOR created the Growth Mindset for Mentors toolkit to train and prepare City Year's work in schools and apply the tools and lessons to ensure student success.

Young People of Color: MENTOR provides resources, webinars and trainings on how mentors can better serve young people of color and ensure that mentoring programs use services that are culturally relevant and effective.

Legislative priorities: MENTOR advocates for a number of bills and issues supporting the critical work of mentors and youth advocates, including investments in quality mentoring for the most at-risk young people, improving background screening options for programs, and increasing access to mentoring opportunities for vulnerable youth.

THE MENTORING EFFECT

46 Million Young People
Ages 8-18 Years Old

**One in three young people
will grow up without a mentor.**


This is the mentoring gap in America.



1 in 3

This means that **one-third** of our nation's young people do not experience the powerful impact of the mentoring effect. For young people who face a variety of risk factors that could lead them to become disconnected from school and work, the mentoring effect is linked to significant positive outcomes.

WITH A MENTOR, AT-RISK YOUTH ARE:

-  **52%**
less likely than their peers to skip a day of school
-  **55%**
more likely be enrolled in college
-  **46%**
less likely than their peers to start using drugs
-  **81%**
more likely to report participating regularly in sports or extracurricular activities
-  **78%**
more likely to volunteer regularly in their communities
-  **130%**
more than twice as likely to say that they held a leadership position in a club or sports team
-  **90%**
Respondents who had a mentor said they are now interested in becoming mentors

www.mentoring.org

Critical Issues and the Role of Mentoring

The mentoring effect can be a powerful factor in reducing the number of youth disconnected from school and work, in increasing social and economic mobility, and in creating a more productive and prosperous nation. A conservative study of mentoring estimates a return of at least 3 dollars to every 1 dollar invested.

Chronic absenteeism: 1 in 8 students missed 3 weeks or more of school in 2013-14. Not only does this affect literacy rates and a student's ability to learn, it greatly increases the rates of students dropping out of high school. *Students with mentors are 52% less likely to skip school and 37% less likely to skip class.*

First Generation College Students: First generation college students are twice as likely to drop out before their second year and less likely to be involved in clubs and student associations. 41% of black students and 61% of Hispanic students are first-generation, compared to about a quarter of their White and Asian American peers. *First generation college students who have a mentor are 10-15% more likely to advance to another year of college.*

Youth with Disabilities: The drop-out rate of young people with disabilities is roughly double the rate of their peers. Youth with disabilities often lack access to educational resources, support and employment training, and opportunities. *Quality mentors help improve social capital, independent living skills, motivation, self-esteem, improved performance in school and increase the likelihood of college aspiration and attainment.*

Young People of Color: Young people of color are at a disproportionate risk of being involved in the juvenile justice system, the child welfare

system and dropping out of high school. They face discrimination and barriers in education, employment opportunities and access to social and economic capital. *Effective mentoring of young people of color helps build positive racial and ethnic identity, increases social capital, reduces risky behavior and demonstrates improved academic performance, mental health and social-emotional well-being.*

Children of Incarcerated Parents: Youth with a parent currently or formally incarcerated experience stress, disruption at home and school, and increased risk of trauma. These young people often struggle with resilience, coping skills and self-esteem. *Mentoring children of incarcerated parents contributes to observable improvements in their behavior and engagement in and out of school, relationships, and emotional well-being.*

Foster Youth: Foster youth face myriad challenges including increased risk of involvement with the juvenile justice system, educational disruptions and dropping out of school, teen pregnancy, homelessness, unemployment and substance abuse. Only 50% of foster youth complete high school by the time they are 18 years old and only between 2-9% obtain a bachelor's degree. Mentoring foster youth can provide a critical support system as they face multiple home

displacements, educational disruptions and a strong need for stability. *Mentored foster youth have demonstrated a reduction of risky behaviors, improved social-emotional well-being and graduation and college aspiration and attainment.*

Youth Violence Prevention: Violence negatively affects a young person whether they are a victim, witness or offender of violence. *Mentoring can help young people who have been victims of violence heal and can help youth who have engaged or are at-risk of being offenders of violence by providing them with role models who can support positive behavior and outcomes.*

Sex Trafficking: Children who are commercially sex trafficked often have experienced homelessness, are child welfare involved or have suffered sexual and emotional abuse. These youth are susceptible to negative health and life outcomes including substance abuse, suicide and post-traumatic stress-disorders. Programs utilizing the experience and expertise of trafficking survivors as mentors generally see greater success when working with this population. *Mentoring provides much-needed social support, increased positive relationships and perceptions of adults, life skills training and access to social capital.*

What is youth mentoring? Effective youth mentoring is a relationship between a young person and a mentor who provides relationship-based support. This can occur through formal relationships established and supported by mentoring organizations, non-profits, faith-based institutions, school and other entities, as well as through informal or "natural" relationships that young people form with coaches, teachers and other caring adults in their lives. These relationships can also be structured through one-on-one relationships or group mentoring.