



Convincing Statistics & Statements

That demonstrate the impact of one-to-one mentoring

“Every child who ends up doing well has had at least one stable and committed relationship with a supportive adult.” [The Science of Resilience](#), Center on the Developing Child at Harvard University

OUR NATION IS IN CRISIS. Most older adults were surrounded by natural and mentors, but today, 1/3 of youth report not having a mentor**, with many kids having no positive adult connection. Every young person needs caring and supportive adults to help them navigate life and make decisions that help them now and into future.

WITHOUT THAT CONNECTION, not only are their opportunities severely (or entirely) reduced, their outlook is depressed and feelings of hopelessness rise. Unfortunately, that leads to negative choices and destructive behaviors, as seen by numerous studies and a society that grows more unstable.

BUT, MENTORING BRINGS HOPE! Research shows that when kids spend an hour a week with a stable and consistent adult mentor, they discover and establish: identity, self-worth, character, values, boundaries, social and decision-making skills, good mental and physical health, purpose, hope, endurance, and resilience. Specifically, kids mentored one-to-one for 4 hours per month are:

- 47% less likely to use illegal drugs *
- 52% less likely to skip school *
- 33% less likely to commit acts of violence *
- 55% more likely to enroll in college **
- 78% more likely to volunteer regularly **
- 130% more likely to hold leadership positions **
- Experience fewer depressive symptoms ***
- Discover greater acceptance by their peers ***
- Hold more positive beliefs about their ability to succeed in school ***
- Earn better grades in school ***
- 81% more likely to participate in after-school activities (The Mentoring Effect, 2014)
- More likely to attend college (Cave & Quint, 1990)
- Will complete more years of college (Torrance, 1984)
- 81% of teens feel that talking with adults helps reduce teen pregnancy ****
- 53% of students credit mentors with improving their ability to avoid drugs ****

WHY IS MENTORING SO POWERFUL?

- *“...keep in consideration the stage of brain development a child or adolescent is in. The amygdala (emotional reaction center) is fully formed in children and adolescents. However, the prefrontal cortex (reasoning and emotional regulation) is far from reaching maturity... a child, especially one who is in a difficult environment, is more likely to be impulsive, have accidents, get into conflicts with peers, misinterpret social cues, and participate in dangerous behavior. During this crucial period of development, it is essential a child has mentors to help develop their brain and emotional reactions. Through bringing positive worldviews, experiences, and knowledge, a child has a greater chance of achieving their full potential as young adults.”* Cassie Diep Yeung, Baylor College of Medicine

- *“With the support of their mentors, at-risk youth can gain the skills to overcome the challenges that stand in the way of their success. They also gain confidence that enables them to set more ambitious goals and then strive to achieve them: With hope, determination, and the encouragement of their mentors, these children can go on to do great things, from inventing life-saving devices to making the next great scientific breakthrough to becoming the great societal leaders of tomorrow.” www.Kidscause.org*
- **“Virtually every aspect of human development is fundamentally shaped by interpersonal relationships. So, it stands to reason that when close and caring relationships are placed at the center of a youth intervention, as is the case in mentoring programs, the conditions for healthy development are ripe.”** —Dr. Jean Rhodes, Director, MENTOR/University of Massachusetts Boston Center for Evidence-Based Mentoring

ACES, PCEs, AND DEVELOPMENTAL ASSETS

Today, we recognize that many kids are affected by *Adverse Childhood Experiences* (ACES). These negative experiences they lived through are proven to severely effect their mental and physical health. While this is discouraging, new research shows that *Positive Childhood Experiences* (PCEs) can cancel out the negative effects and help kids overcome the challenges.

That is where mentoring comes in.

- *“Positive experiences and **supportive relationships provide the buffering that allows children to withstand, or recover, from adverse experiences... ..Positive Childhood Experiences (PCE’s)** that encourage health, functioning, and quality of life outcomes have been identified: nurturing and supportive relationships; safe, stable, protective, and equitable environments in which to develop, play, and learn; constructive social engagement and connectedness; and social and emotional competencies.”* (Balancing Adverse Childhood Experiences (ACEs) With HOPE*, Casey Family Programs 2017).

Even more, according to research from the **Search Institute**, a majority of young people today possess less than half of the powerful **“40 Developmental Assets”** that help kids develop into strong and contributing adults. Because of this, more kids participate in negative behaviors. But, mentoring provides a “developmental relationship” between a young person and a supportive adult, which addresses this need and helps kids obtain many more assets.

RETURN ON INVESTMENT / PAYING IT FORWARD

- Of those young adults who were mentored, 95% said it was helpful and 51% said it was “very helpful”. **The Mentoring Effect**, MENTOR, Bruce & Bridgeland
- 90% of kids who were mentored are interested in becoming a mentor **

FORGE’s RESULTS:

- 98.4% of mentors fulfill their commitment for a minimum of one year (nationally, 45% of mentors leave before the year is complete)
- 100% of parents are reporting positive changes in behavior with their child

WITHOUT MENTORS (from **Children Uniting Nations**):

- Sub-standard academic performance perpetuates already low self-esteem and can contribute to violent behavior
- Increased violence at home and in school causes a disruption in development for all youth
- Lack of role model support leads to poor decision making, no set goals and submission to peer pressure

* **Making a Difference: An Impact Study of Big Brothers Big Sisters, P/PV**; ** www.MENTORing.org/mentoring-impact; *** **The Role of Risk**, Carla Herrera, David L. DuBois, Jean Baldwin Grossman; **** **Children Uniting Nations, Benefits of Mentoring**