

# East End House Youth Mentoring Program FAQS

## What is Mentoring?

- Mentoring is a ***structured and trusting relationship*** that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee<sup>1</sup>
- Mentoring is a respectful relationship between a young person and a volunteer adult from the community

## Who are the Mentors?

- Mentors are volunteers from the community who have been ***thoroughly screened (including a background check), oriented, and trained as mentors.***
- Mentors can provide ***academic, emotional, and social support***, can help young people ***meet identified goals***, and help young people ***explore their interests and future ambitions.***
- Mentors are ***NOT*** parents, social workers, therapists, disciplinarians, financial supports, babysitters, etc.

## Who are the Mentees?

- Mentees are the young people in the East End House Middle School After School Program who are selected by program staff and who would benefit from a mentoring relationship.
- Mentees must voluntarily agree to be a part of the program, and the mentee's parent(s)/guardian(s) must also agree. ***No young person will be forced to participate in this program.***

## Why Mentoring?

- ***Protective factors*** for youth include ***confidence in academic ability, involved parents and families, and external supports such as caring adults.***
- Research has shown that a ***mentoring relationship*** where youth perceive the relationship to be trusting, of mutual benefit, and empathetic can ***serve as a protective factor against substance use, violence, poor school performance and delinquency.***
- ***Engagement in positive activities and academic performance*** is ***influenced by relationships with adults*** who are supportive and have high expectations of adolescents.

## Where, When, and How?

- Once the mentors are thoroughly screened and trained, program staff will match mentors with a mentee based on ***interests and skills.***
- Mentors and mentees will meet at the ***East End House Middle School Afterschool program at the Kennedy-Longfellow school.*** Mentors will check in with program staff, and spend 1-2 hours with their mentee inside the school, outside on school grounds, or at one of the few locations in the community listed as approved sites (including the library and local parks).
- Mentors and mentees will meet for at least ***4 hours each month for a year.***

## I want to be a Mentor! What happens next?

- Download our volunteer application materials from the website and contact Emily, information below.

***For more information, please contact Emily, Director of Community Programs at East End House, at 617-876-4444 or Emily@eastendhouse.org***

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