

East End House Youth Mentoring Program

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.
- Mentoring is a respectful relationship between a young person and a volunteer adult from the community.

Who are the Mentors?

- Volunteers from the community who have been ***thoroughly screened (including 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 young people in the East End House Middle School After-School Program who are selected by program staff and 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 mentors are screened and trained, program staff will match them with a mentee based on ***interests and skills.***
- Mentors and mentees will meet at ***East End House*** and spend 1-2 hours with their mentee inside the center or at a community location listed as an approved site (e.g. library or local park).
- Mentors and mentees will meet for at least ***4 hours each month for a year.***

For more information, please contact Pamela at East End House, at 617-876-4444 or Pamela@eastendhouse.org

