



MENTORING WORKS! FACT SHEET



Mentoring: defined as a relationship, formal or informal, between an adult and a young person age 10-18 that occurred over a period of 12 months.

GENERAL FINDINGS

Overall, youth participating in mentoring relationships experience positive academic and social returns:

- Better attendance in school
- Fewer in-school disciplinary problems
- Increased chance of going on to higher education
- Better attitudes toward education
- Prevention of substance abuse
- Reduces negative youth behaviors
- Positive social attitudes and relationships
- Disadvantaged or at-risk youth benefit the most from mentoring
- The average mentoring relationship lasts nine (9) months
- Mentors spend an average of 13 hours a month with mentees

KEY FINDINGS

- Students with mentors are **46% less likely** to use **illegal drugs or abuse alcohol**
- **56%** reported **better relationships** with peers and family
- **64%** had higher levels of **self confidence**
- Over 3,000,000 adults have formal, one-to-one mentoring relationships with young people
- 96% of existing mentors would recommend mentoring to others
- 44 million Americans not in a mentoring relationship would seriously consider it
- The majority of mentors are willing to work with youth in difficult situations, including those with incarcerated parents, disabilities or are immigrants
- Individuals with the most education are most likely to mentor
- Adults in households with children are more likely to mentor
- People employed full-time and part-time are most likely to mentor
- There are a variety of reasons for mentoring
 - Want to help young people succeed
 - Want to make a difference in someone's life
 - Want to give back to the community
 - Religious and spiritual reasons
 - Someone helped them when they were young