

Frequently Asked Questions

What is Mentoring?

Mentoring is a trusting relationship that develops between a young person and a caring adult role model. The adult role model offers guidance, support and encouragement aimed at developing the competence and character of the youth.

What or who is a mentor?

Mentors are not parents, guardians, counselors or teachers. Mentors are positive role models who are a part of a team of caring adults who volunteer their time to help young persons discover their strengths and goals. Mentors are trusted role models who offer their friendship, support and guidance.

How does mentoring help?

Mentoring guarantees a young person that there is someone who cares about his/her well-being. Mentoring provides the youth with an experienced friend who is committed to offering academic, social, and personal support to the young person.

What is the commitment level of the mentor to the child and to the mentoring program?

A mentor is matched with a mentee for a minimum of 6 months. After 6 months, the mentor has the option to "graduate" from the program or continue to develop the mentoring relationship with the youth. Mentors are required to spend a minimum of 8 hours a month with the mentee. The 8 hours spent with the mentee is up to the discretion of the mentor and parent/guardian of the youth.

Do mentors get paid?

No, mentors are not paid. Mentors are volunteers.

"We need your service, right now, in this moment -our moment- in history. Be the change: Mentor a child."

Barack Obama

Friends For The Future Mentoring Program

Established July 1997



"Just Mentor"

Friends For The Future Mentoring Program
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FRIENDS FOR THE FUTURE MENTORING PROGRAM

Friends For The Future Mentoring Program is based on four (4) main principles.

Help Youth Set Attainable Goals

Many of these youth have never thought about their future. Through conversation and good listening skills, the mentor can often identify the youth's interests. The mentor can demonstrate the goal-setting process and give examples of steps to take in order to achieve their goals.

Connect The Youth's Education and Work World

75% of those who are currently incarcerated did not complete high school. Many youth do not see the link between their performance at school and their potential in the work force. The mentor can help identify the relationship between achievement in academics and success in the work environment.

Help Youth Help Themselves

There is a big difference between offering solutions and helping youth discover options on their own. It is much easier to tell a youth what to do, than it is to instill in them the tools necessary to make decisions on their own. Helping youth develop positive decision-making skills will allow them to become more independent and self-sufficient. They will develop leadership skills and will realize they are in control of their future.

Help Youth With Problems

The mentor is there to assist with problems the mentee is going through. They may include issues such as lack of self-confidence, conflicts, or relationship dilemmas, etc. This does not mean the mentor plays the role of a counselor, social worker or a parent. The mentor is there to offer support, encouragement, and positive reinforcement. Sometimes it may be more important to simply listen or give the youth some time and space to work out the problem.

Mentee Benefits

IMPROVED

- o Academic performance
- o Attendance
- o Self-esteem
- o Cultural awareness
- o Attitudes
- o Interaction with peers
- o Eye contact
- o Self-confidence
- o Relationships with siblings
- o Relationships with parents
- o Relationships with adults
- o Demeanor

INCREASED

- o Consideration for others
- o Communication
- o Assertiveness when necessary
- o Volunteering in class
- o Ability to positively contribute to society
- o Interest in school
- o Enthusiasm
- o Openness with the mentor
- o Knowledge of relationships between school and work

REDUCED

- o Hostility
- o Likelihood to get involved with drugs and alcohol abuse and delinquent behavior
- o Misunderstandings
- o Need for punishment



Mentoring Activities

Mentors and mentees are encouraged to participate in monthly activities organized by Friends For The Future Mentoring Program staff. The monthly activities are structured with the intent to help build self-esteem, practice team building and effective communication skills, and develop other important life skills. The mentoring group attends monthly field trips to places and participates in monthly activities such as:

- Six Flags Marine World
- Study Skills Workshop
- Self-esteem workshop
- Kayaking at CSUS Aquatic Center
- College preparatory workshop
- Scavenger hunt at CSUS campus and Westfield Shopping Mall in Downtown Sacramento
- Community service projects