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