

WHY MENTORING?

"Show me a successful individual and I'll show you someone who had real positive influences in his or her life. I don't care what you do for a living—if you do it well, I'm sure there was someone cheering you on or showing the way. A mentor."

— Denzel Washington

The Friday Night Live Mentoring (FNL) program provides opportunities for young people to be in ongoing, mutually beneficial, caring relationships, which strengthen a young person's resiliency to the challenges they face in life.

Mentoring relationships have powerful positive effects on young people in a variety of personal, academic, and professional situations. Ultimately, mentoring connects a young person to personal growth and development, and social and economic opportunity "Why Mentoring" *Mentor*, www.mentoring.org/mentoring-impact.

Mentoring relationships positively change the lives of the youth involved. A mentor is someone who, along with parents and guardians, provides a young person with support, guidance, counsel, friendship, reinforcement, and acts as a positive role model.

- ★ A mentor is a wise and trusted friend.
- ★ A mentor is someone who cares, is reliable, and holds aspirations for the protégé.
- ★ A mentor is someone who holds a protégé accountable for his/her actions.
- ★ A mentor is someone who can help the protégé get to where they want to go.

Research on the role of mentoring programs and relationships has revealed that mentoring plays a role in young adolescents' attitudes toward themselves, others, and school. Additionally, mentoring appears to impact specific social and emotional skills, as well as broad domains of social and emotional development, including mental health, identity development, and relationships with others. *Hagan, Sánchez, Cascarino, White (2019) Social and Emotional Developmental in Early Adolescence.*

Friday Night Live Mentoring Retrospective Survey*

☆ 73% of protégés felt very committed to doing well in school after participating in FNL

☆ 100% of mentors and protégés reported feeling more hopeful for their future

**Summarized from the 2019-2020 FNL Retrospective Survey results*

*FNL gave me "more friends and help[ed] me open up more and ma[d]e me feel safe...
I didn't have that feeling before I joined"*

- FNL protégé