



Making an Impact for Local Kids!

Who has had a lasting impact in your life? Who do you credit with helping you get to where you are today?

If you ask someone about their success, you're likely to hear about an influential mentor. The support that mentors offer - hope, guidance, experience, and encouragement – can create a positive impact on someone's life.

Does Youth Mentoring Matter? The answer is an unequivocal YES!

Big Brothers Big Sisters has been the leader in one-to-one mentoring for over 100 years and we have seen the studies, analyzed the research and witnessed it firsthand! When done right through best practices, it has a powerful impact on a child's life!

Children with a Big Brother or Big Sister show real differences in their lives - healthier relationships with peers and adults; enhanced self-esteem and self-confidence; improved behavior, both at home and at school; and a lower likelihood to engage in risky behavior with drugs and alcohol.

The following are key findings based on research conducted Big Brothers Big Sisters of Southwest Colorado during 2016 ¹.

Parent Observations:

- 76% reported an increase in their child's self confidence
- 82% reported improvement in their child's academic performance
- 78% said their child feels more hopeful about the future

Teacher Observations:

- 80% reported an increase in students' self confidence
- 86% reported an increase in students' academic performance
- 98% reported an improvement in students' behavior in the classroom

Mentor Observations:

- 94% reported improvement in Little's self confidence
- 78% reported improvement in Little's attitude toward school
- 88% reported improvement in Little's ability to make decisions

Specific High School Bigs' Outcomes:

- 75% increased or maintained a sense of connectedness to their families
- 80% increased or maintained their self-confidence and made future-oriented decisions
- 85% increased or maintained their belief that they can make a difference in their community





Making an Impact for Local Kids!

Littles' Outcomes:

- 78% reported improving or maintaining their educational expectations, such as graduating from High School and going on to college
- 84% reported improving or maintaining their perception of risky attitudes, such as whether it's ok to use tobacco, drugs, alcohol, or break school rules
- 82% reported improving or maintaining their level of trust towards their parents/guardians
- 100% reported that they had gained or sustained having at least one special adult in their lives who act as a mentor to them

In the end, the power of a mentor runs deeper than numbers. Simple messages of encouragement like “*you have what it takes,*” or “*it's okay to try and fail,*” can change the direction of a life.

Won't you help be a part of changing lives!

¹ The research data base for the analysis consisted of 40 elementary students in the High School Bigs Program, 45 elementary and middle school students in the School Based Program and 93 youth in the Community Based Program. Additional results are available upon request.



Big Brothers Big Sisters of Southwest Colorado
PO Box 2154, Durango, CO 81302 ♦ (970) 247-3720 ♦ www.bbig.org