



Why Mentoring Matters

Having a mentor can directly affect financial, educational and social outcomes for a mentee.

In one study, 90% of successful adults surveyed claim to have mentor in their lives. Mentoring connects mentees to their community. It estimated that young adults who are not connected to their community cost society \$93 billion annually in lost wages, taxes and social services.¹

According to Youth.gov, youth with a mentor were:

- Less likely to use illegal drugs or alcohol. (46% less likely to use drugs and 27% less likely to drink)
- More likely to graduate high school and have more positive attitudes regarding education.
- More likely to have positive and stronger relationships with peers and adult figures.

Mentoring also increases mental health, including increased self-esteem and reduced rates of depression and anxiety. Mentoring decreases risks of delinquency and negative behavior, incarceration, teenage pregnancy and becoming a human trafficking victim.

Youth in one study were found to have less behavioral issues (including being less likely to bully), more confidence and less anxiety.²

For at-risk youth, those who had a mentor were:

- 52 % less likely to skip a day of school and 37 % less likely to skip a class.³
- 59% more likely to earn better grades.
- 55% more likely to enroll in post-secondary education.
- About 30% more likely to participate in sports or extracurricular activities and 30% more likely to have a leadership role.⁴

¹ Shapiro, David and Spencer, Wendy. (2014) The Mentoring Effect. HuffPost.

² Centre for Addiction and Mental Health. (2013) Youth mentoring linked to many positive effects, new study show. Science Daily.

³ Kennelly, Louise & Monrad, Maggie. (2007). Approaches to Dropout Prevention: Heeding Early Warning Signs with Appropriate Interventions. American Institutes for Research.

⁴ Bruce, Mary and Bridgeland, John. (2014) The Mentoring Effect: Young People's Perspective on Outcomes and Availability of Mentoring. Mentor: The National Mentoring Partnership.