

MAKING THE CASE FOR

Youth Mentoring





What is youth mentoring?

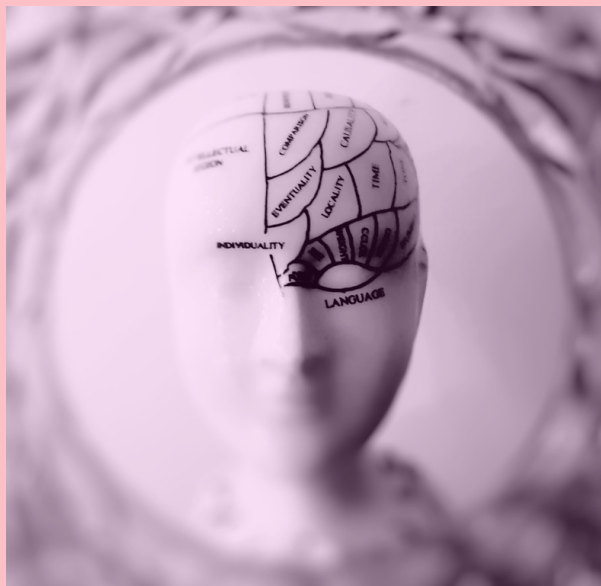
- The process of matching a qualified mentor with a young person who needs extra guidance or the presence of a responsible adult.
- Aims to improve the well-being of the young person as well as their overall aspirations and how ready they are to face adult life.
- A series of sessions where the mentor and young person discuss their worries and how they can become a more well-rounded person or get ready for professional life.

**"Good habits
formed at youth
make all the
difference"**

ARISTOTLE



The science of the young brain...



THE YOUNG BRAIN

The brain is still developing throughout youth and adolescence. The emotional center (the amygdala) is fully developed by adolescence, but the rational reasoning center (the prefrontal cortex) is not.

WHAT ARE THE RISKS OF THIS?

This means that young people often find themselves experiencing strong bursts of emotions without the means to understand why. This impacts mental health and also increases the likelihood of risk taking behaviors such as substance abuse.

WHAT CAN WE DO TO HELP?

Mentors can help young people to rationalize their thoughts and feelings by acting as a voice of reason and an influential role model.

County Lines



WHAT ARE COUNTY LINES?

'County lines' is the term for when gangs and organised crime units use young people to distribute illicit materials, usually drugs.

HOW DO YOUNG PEOPLE GET TRAPPED?

Young people are usually drawn into this by people who say they owe them 'favours' or persuade them that they can earn honest money from it.

WHAT CAN BE DONE?

Young people need a space to open up about their worries and experiences if they are at risk of becoming involved or are already involved. They need someone there who can help set them back on the right track in life.

Quick Facts



BETTER MENTAL HEALTH

Youth mentoring has been proven to decrease anxiety and improve overall well-being.



BETTER EDUCATION PROSPECTS

Young people from disadvantaged backgrounds are twice as likely to pursue higher education if they have had a mentor.



BETTER SOCIAL SKILLS

Canadian mentors found that young girls became four times less likely to bully others, and boys became two times less likely.

Young adults who were at risk of 'falling off track' but then experienced mentor support are...

Overall 55% more likely to enroll in higher education.

78% more likely to take part in volunteering.

90% interested in becoming a future youth mentor themselves.

130% more likely to go on to hold leadership positions.



Benefits for Mentors

- A sense of accomplishment from knowing that you are making an active and positive difference in someone's life.
- Improved self-esteem and confidence.
- Optimal chance for networking with other mentors and like-minded individuals.
- Valuable experience and insight into youth and adolescence.
- Improved supervisory skills.
- Increased patience.



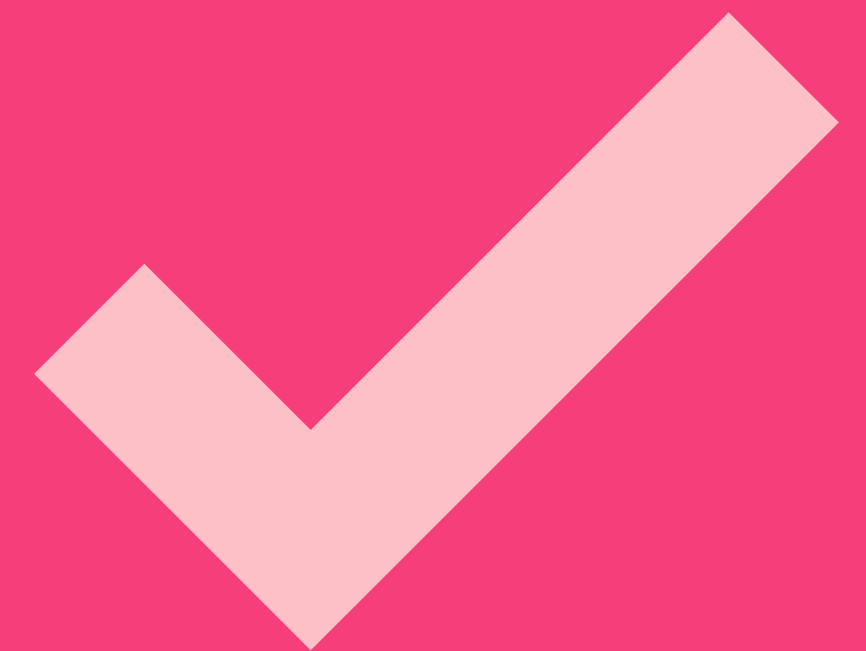
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A more compassionate mind, more
sense of concern for others' well-
being... is the source of happiness.

— DALAI LAMA

What skills do I need?

- BE A GOOD LISTENER
- HAVE A GENUINE INTEREST IN SEEING YOUNG PEOPLE DO WELL
- BE SUPPORTIVE
- ENCOURAGE INDEPENDENT DECISION MAKING BUT BE WILLING TO LEND A HAND IF NEEDS BE
- PUSH PEOPLE - NOT TOO HARD, JUST ENOUGH



To get involved:

Visit pucic.co.uk

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Call us at 0121 227 8567.

Train with us - we offer accredited mentoring training and are devoted to making sure you get the most out of your learning. You don't need any prior qualifications or experience, so long as you have the passion and commitment to help today's youth.

