

## Uplifting Boys to Men

### What Is Mentoring?

There are four areas of mentoring:

1. **Community based-programs** that meet at various sites within the community such as the YMCA, Boys & Girls Clubs Programs, or Big Brothers Big Sisters are examples of community based programs.
2. **Faith-based** - mentoring with a specific spiritual emphasis (Buddhist, Christian, Jewish, etc.).
3. **School-based** - mentoring with emphasis on academic achievement.
4. **Work-based** - mentoring with emphasis on learning basic workplace skills and postgraduate aspirations (college/career goals).

There are many forms mentoring can take:

#### One-to-One

This is the traditional model of mentoring where one adult is paired with one young person. There typically will be an extensive matching process to insure a strong relationship, and it is expected that the commitment will be for one year or longer. Big Brothers/Big Sisters is an example of a One to-One mentoring program.

#### Team Mentoring

This form of mentoring matches a group of adults with a group of youth in a structured setting. Examples might include a family or group of adult volunteers working with youth in a church program; or a group of employees from a specific dept. working with students from a local school in a work based mentoring program).

#### Group Mentoring

One or two adult volunteers build a relationship with a group of youth through regular meetings. Girl Scouts and Boys Scouts are good examples of this type of mentoring.

**Mentoring** is defined as *an ongoing relationship between a caring adult and a young person.*

