



Benefits of Peer Mentoring

1. Boosts Self-Esteem

Mentors help children discover their strengths, which in turn enhances their self-esteem and confidence. When children have a close, caring, and supportive relationship from a non-parental adult, their self-esteem will be positively impacted.

2. Educational Benefits

A study conducted that followed a peer mentorship program found that students with mentors completed more of their assignments, had higher quality class work, and did better academically than non-mentored children. Further, mentored youths had fewer unexcused absences from class and participated more in the classroom.

3. Behavioral Benefits

Children who have had peer mentors show many behavioral benefits such as a decrease in violent behavior. Further, children with mentors were less likely to begin using drugs or alcohol during the 18-month period of the peer mentorship program.

4. Improves Interpersonal Relationships

Mentors teach kids how to set healthy boundaries and properly build relationships. Children learn to communicate with others, and express their needs and desires. Studies show that participating in mentoring strengthens positive social attitudes and peer relationships, creates more trusting relationships, and better communication with parents.

