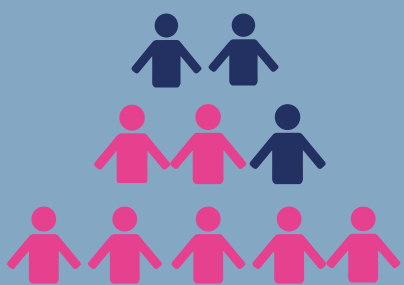
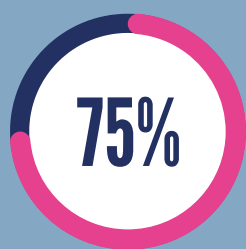




# THE IMPORTANCE OF MENTORSHIP



7 in 10 girls believe that they are not good enough or don't measure up in some way, including their looks, performance in school, and relationships with friends and family.



of girls with low self-esteem reported engaging in negative activities like cutting, bullying, smoking, drinking, or disorder eating.



This compares to of girls with high self-esteem.



## THE TOP WISH

among ALL teen girls is for their parents to communicate better with them; this includes frequent and more open conversation.

## OVER 70% OF GIRLS

ages 15 to 17 avoid normal daily activities, such as attending school, when they feel bad about their looks.

## QUALITY OF LIFE

Studies showed that the most substantial benefit from mentoring, and most consistent across risk groups, was a reduction in depressive symptoms. They find more self-confidence, self-esteem, and set goals for themselves.

(The Role of Risk, 2013)



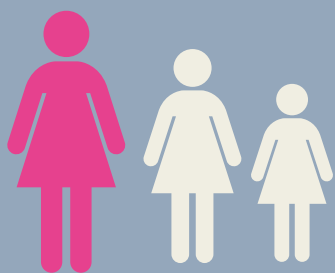
## POSITIVE IMPACT

Youth who meet regularly with their mentors:

- **52%** less likely to skip school
- **37%** less likely to skip class
- **55%** more likely to enroll in college
- **46%** less likely to use drugs
- **27%** less likely to drink
- **130%** more likely to hold a leadership position

(The Mentoring Effect, 2014)

# MENTORSHIP CLOSSES THE GAP



Mentors help children grow and close the social or economic opportunity gap. Studies show that behavior, attitudes, and relationships improve when a youth has a mentor.

## WHAT'S GIRL CHAT?

Girl Chat is a mentoring program for girls ages 12-18.



Duration: 45-60 MIN  
Group Capacity: 15-25 girls  
Mentor session held: At our site\*

\*Schools requesting **Girl Chat** sessions will be conducted after school or during lunch period.



To request Girl Chat for your students, complete our request form on our contact page, and a team member will respond to your specific needs.

Sources:

- <http://youth.gov/youth-topics/mentoring/benefits-mentoring-young-people>
- <http://www.mentoring.org/why-mentoring/mentoring-impact/#1442856425662-6157b444-bcc4>
- <https://www.psychologytoday.com/blog/the-moment-youth/201301/mentoring-youth-matters>