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**RSVP’s Virtual Youth Mentoring Program Summary**

**Goals for Youth Participants**: RSVP's Youth Mentoring program is an evidence-based program through which mentors establish trust-filled, supportive connections with their students to help them increase their social-emotional/relationship skills, build self-esteem, learn how to set goals, and plan for their futures.

**Target Grades:** 3rd – 7Th grade when they begin the program

**Key Partners**: Parents, guidance counselors, or community agency representatives refer at-risk students they believe would benefit from one-on-one mentoring relationships. Students must want to participate and have written parental permission to do so.

**Mentor/Pre-Match Requirements:** The first step for mentors is to obtain clearances. Those required include the PA criminal background; a PA DHS child abuse clearance; FBI fingerprinting and a check of the National Sex Offender Registry database; also required is an online, one-hour Act 126 mandated reporter training.

**Program Outline**:

* Mentors and mentees will meet online for one (1) hour, twice (2x) a month on a regular schedule for a minimum of 9 months. These sessions are scheduled after school, Monday through Thursday, between the hours of 4 and 7 p.m.
* These virtual meetings will be scheduled via Zoom, and we use an online scheduling program that automatically sends reminders.
* The match may be extended beyond the initial 9-month period if all parties agree.
* Mentoring may transition to the mentor-mentee participating in activities out in the community, if all parties agree and if the proper permissions and agreements are in place. These in-person meetings will require strict adherence to CDC guidelines regarding current COVID conditions.

**Virtual Youth Mentoring Program Summary (continued)**

**Topics and Activities Explored:**

Pre-Match: Thorough mentor volunteer screening, orientation, and training; an online permission form and agreement for parent/guardians including goals for their child

1. First Match Meeting (Getting to know each-other, review of program, complete Goals Worksheet)
2. Diversity/Inclusion including holiday and family traditions and celebrations
3. Explore developmental assets and mentee’s ‘Sparks’
4. Discuss behavioral issues through trauma-informed lens (focus on helping youth cope with anxiety and anger)
5. Discuss growth mindset and develop Strategy Box to achieve goals
6. Work on SMART goal setting, review progress towards goals
7. Build resiliency skills to handle difficult situations
8. Discuss progress/completion of goals and future plans
9. Celebration of achievements and match closure or planning for continuation
* Discussion topics will be enhanced through evidence-based resources available from organizations such as the National Mentoring Partnership (<https://www.mentoring.org/>), Search Institute (searchinstitute.org), “Stepitup2Thrive” (<http://stepitup2thrive.org/>) and the Child Welfare Information Gateway (<https://www.childwelfare.gov/>)
* Monthly, the Program Coordinator will host a “Mentor Group Discussion” session to share resources, challenges, successes and facilitate peer-learning opportunities. There is also a group Facebook page where mentors can connect and share. Also, the Program Coordinator will host a monthly “Virtual Game Night” for all mentors and mentees.

**Program Outcomes:**

Periodic surveys will be required from mentees, parent/guardians, and mentors to include a review of mentees’ progress on individual, self-directed goals, examples of personal development, and personal testimonials. To aid this process, a goal sheet will be completed at the first match meeting with input from the parent/guardian, mentee, and mentor.