

**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 – 6Th grade when they begin

**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 Act 126 mandated reporter training and three references including one family member and two personal.

**Program Outline**:

* Mentors and mentees will meet online for one (1) hour, twice (2x) a month on a regular schedule for 9 months. These sessions will be scheduled on Monday through Thursday between the hours of 3:45 and 8:30 p.m.
* These virtual meetings will be scheduled via Zoom during afterschool hours.
* The match may be extended beyond the initial 9-month period if all parties agree.
* There is a chance that mentoring could move to in-person meetings in the future depending on COVID-19 conditions and if all parties agree. These could include meetings at school or activities/events out in the community.

**Topics and Activities Explored Each Month: (Numbers correspond to months; this may change based on late starts, etc. The ideal is that the first month is October.)**

Pre-Match: Thorough volunteer screening, orientation and training for mentors; Interview with parent/guardians and/or referring partners to identify youths’ needs

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

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 (mentor.org), Search Institute (searchinstitute.org), “Stepitup2Thrive” (<http://stepitup2thrive.org/>) and the Child Welfare Information Gateway (<https://www.childwelfare.gov/>)
* Monthly, the Program Coordinator will invite mentors to a voluntary “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.

**Program Outcomes:**

Pre and post surveys will be required from mentees, mentors, parent/guardians 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.