

MENTORS ENHANCE RESILIENCY and BUILD ASSETS

A recent study found that students who meet with a mentor regularly for at least a year, when compared to other children, are:

- ✦ 52% less likely than their peers to skip a day of school
- ✦ 37% less likely to skip a class
- ✦ 46% less likely than their peers to start using illegal drugs and 27% less likely to start drinking



Many students improved in the following ways:

- ✦ 64% developed more positive attitudes towards school
- ✦ 65% improved relationships with adults, and 56% improved relationships with peers
- ✦ 64% developed higher levels of self-confidence
- ✦ 55% were better able to express their feelings
- ✦ 38% achieved higher grades in social studies, languages and math

To Get Involved:

- ✦ Contact the Mentoring Office for an application (916.643.9008)
- ✦ Meet with the Project Supervisor for an interview
- ✦ Attend an orientation and training
- ✦ Upon approval, complete fingerprinting and TB test requirements
- ✦ Upon final approval, begin in small group mentoring



Our Mission

The Navigators Mentoring Program enhances resiliency and develops assets among our students by providing mentors who empower each child to thrive academically, socially and emotionally as they navigate the 6th through 8th grades.

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Community, Health & Student
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Navigating Transitions Together



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A Mentor Empowers

- ✦ By being a positive adult role model for a young person
- ✦ By spending time with a student, or small group of students, and guiding them through programmed activities



- ✦ By helping a young person bond to their school and community
- ✦ By assisting a child as they transition to middle school and/or high school, and helping them to plan for the future

A Mentor Champions

- ✦ By spending one hour a day, one day a week, for at least one school year, with a student on campus at a local school



- ✦ By sharing a willingness to be a support and encouragement to a student navigating the transitions of childhood

- ✦ By being patient and persevering
- ✦ By encouraging community involvement through quarterly Saturday projects in the student's neighborhood—projects mutually planned



A Mentee Is...

- ✦ A 6th, 7th or 8th grade student on the brink of success who needs the support, encouragement and caring of a positive adult role model to fulfill their potential
- ✦ A young person who has indicated a desire to improve their academic skills and other proficiencies.
- ✦ A young person who has expressed a desire to work with a mentor

One hour a day, one day a week can change the course of a life!



Program Design

Navigators Mentor Program is a school-based mentoring program for youth with multiple risk factors. The program includes several components:

- ✦ **Mentoring**— Mentors meet with students on their school campus in a structured, supervised program one day a week during lunch
- ✦ **Community Service**— During their weekly meetings, mentees and mentors develop & plan community projects and summer activities with the help of community groups and other members of Navigators.



Projects are planned and completed each quarter

In addition to the weekly meeting with mentors, students are also supported through:

- ✦ **Tutoring**— Mentees are encouraged, and provided incentives, to participate in after school programs which include tutoring
- ✦ **Parent Involvement**—Parents are invited to participate through staff visits to the home, Family Nights & Parent University classes



The Navigators Mentor Program goes beyond building a relationship — *we help you help kids navigate the transitions of life!*

To get involved, call Jameel Pugh at 916.643.9008