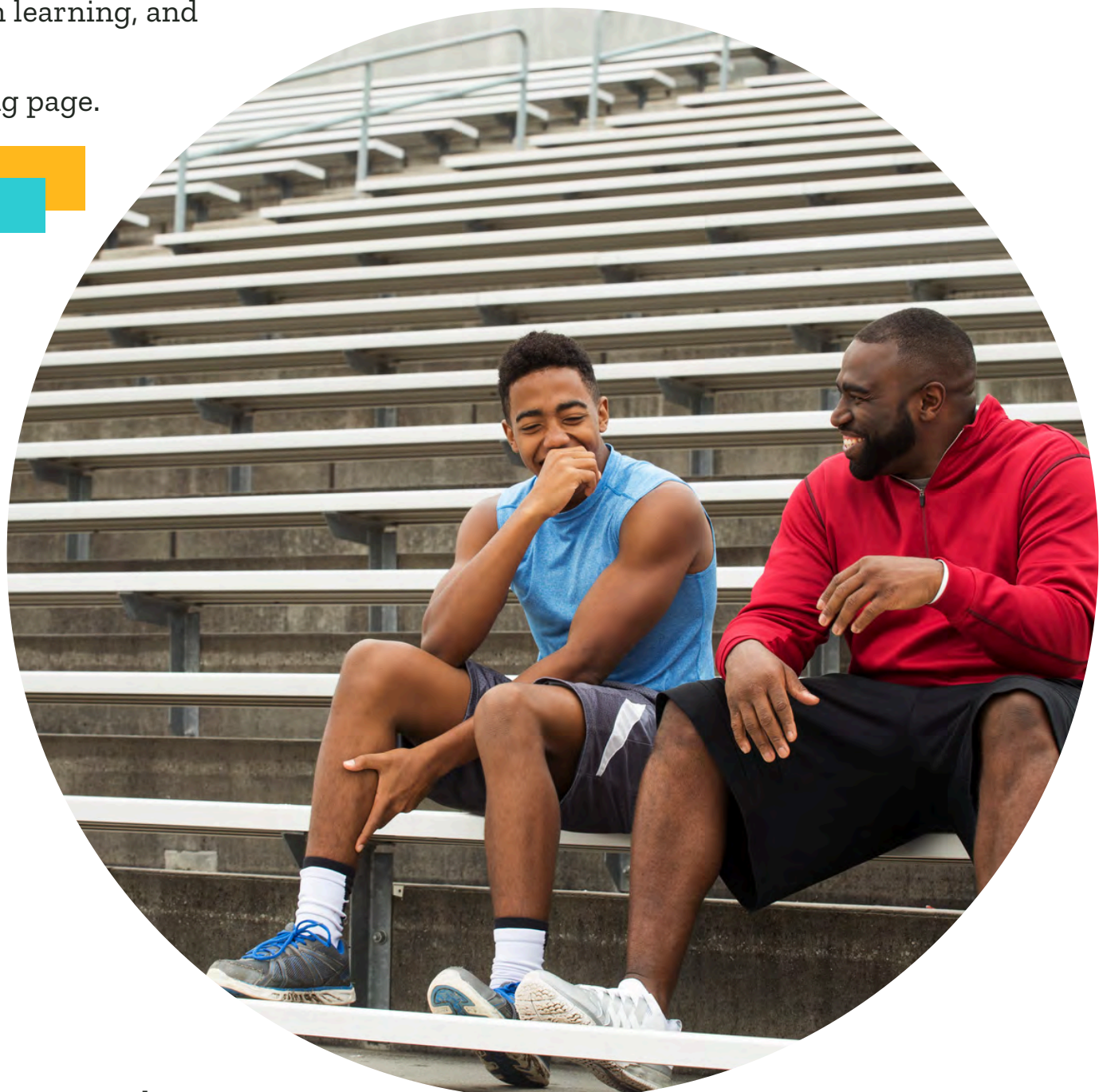




GUIDING SUCCESS – THE TRANSFORMATIVE IMPACT OF MENTORING AT BBBSO

Big Brothers Big Sisters (BBBS) of Ottawa facilitates life-changing mentoring relationships by pairing adult mentors with children and youth experiencing adversity. The caring and supportive relationship formed between mentors and mentees helps to ignite the power and potential of young people.

During the 2023-24 school year, mentors completed a survey to share how the program is impacting their mentees. The results revealed a statistically significant impact on mentees' sense of connection to school, interest in learning, and capacity to tackle challenges. Key findings begin on the following page.



For more information about our programs please contact –
Brianna Dusome – Director Programs and Partnerships Brianna.dusome@bbbsso.ca

MENTEES ARE MORE CONNECTED TO SCHOOL!

BBBS Ottawa's mentoring programs are fostering positive academic and social development in young people[1]. Mentees are more engaged in school, have improved social skills, and are developing stronger bonds with their mentors.



84%

of mentors felt[2] that their mentees are **talking about their experiences in school** after taking part in BBBS Ottawa's mentoring program.

“ [My mentee] has become noticeably more confident and opened up a lot more since the beginning of our match. She seems to have better friendships with peers at school. - Mentor ”

Mentees are also more excited to go to school when they have match meetings, which may help improve their school attendance.

“ I believe my mentee has more excitement about going to school especially on days when we have our one-on-one times. - Mentor ”

94%

of mentors felt that their mentee **enjoys match meetings**

93%

agreed their mentees are **excited to see their mentors.**



[1] Statistical analysis of pre- and post-program scores showed a significant increase across all survey items (p<0.001), indicating that these results are highly unlikely to be due to chance. For the BBBS Ottawa site, the very small p-values suggest the mentoring program likely contributed to mentees feeling more connected to school, more engaged in learning, and better able to address challenges.

[2] Throughout this report mentor agreement was calculated using end of program survey results by exploring the percent of mentors who "agreed" or "strongly agreed" on a 7-point scale from 1 - "strongly disagree" to 7 - "strongly agree".

MENTEES ARE MORE COMMITTED AND PASSIONATE ABOUT LEARNING!

BBBS Ottawa's mentoring programs have a positive impact on youth development. Our findings indicate that these programs foster curiosity, bolster self-belief, and enhance resilience.



84%

of mentors shared that their mentee **shows curiosity about other people or things** after taking part in BBBS Ottawa programs.

98%

of mentors said that they **encourage their mentee's learning and personal growth** which is essential to boosting their self-confidence and their capacity to take on difficult tasks. This finding also shows how dedicated mentors are to enhancing their mentee's lives.

Mentees' resilience increases as they become more self-confident and curious about learning, which can increase autonomy, critical thinking, and their capacity to stick with a challenging task as shown in the excerpts below.

“ [My mentee] has a positive sense of self and identity. He always tries to do tasks by himself and will ask for help when he needs it. He likes to challenge himself, especially in school. - Mentor ”

“ We worked on open communication and goal setting through activities that had clear objectives and time allotted to complete them. This boosted self confidence and critical thinking. From there we worked on solving absenteeism and ways to promote a positive sense of self and identity. - Mentor ”

“ We helped each other with figuring out new ways to stay on task when something gets difficult. - Mentor ”

MENTEES ARE FINDING MORE POSITIVE WAYS TO USE THEIR TIME AND ADDRESS ISSUES THEY ARE FACING!

BBBS Ottawa's mentoring programs are providing essential support to young people. Mentors are helping mentees navigate challenges, develop important life skills, and build strong relationships.

94%

of mentors shared that their mentees talk about issues that are important to them during the match.

83%

felt they helped troubleshoot issues in their mentee's life

“ Last year I spent a lot of time helping [my mentee] process family and other social issues he was facing.

This year we played a lot of basketball but still talked quite a bit about his status on those issues and school-related issues. He seemed in quite good mental health in the past 3 or 4 months, especially relative to last year. - Mentor

“ I think having time dedicated to focusing on [my mentee], and no one else, has really helped her. She lives with a lot of people, so being able to talk to someone about herself is important. - Mentor

“ My time spent with [my mentee] helped him with his mental health by speaking about emotions. This mentee moved from a country far away, so some of the norms here were very hard for him to understand. - Mentor

93%

of mentors also shared that mentees are **learning new things** after taking part in BBBS Ottawa's mentoring programs



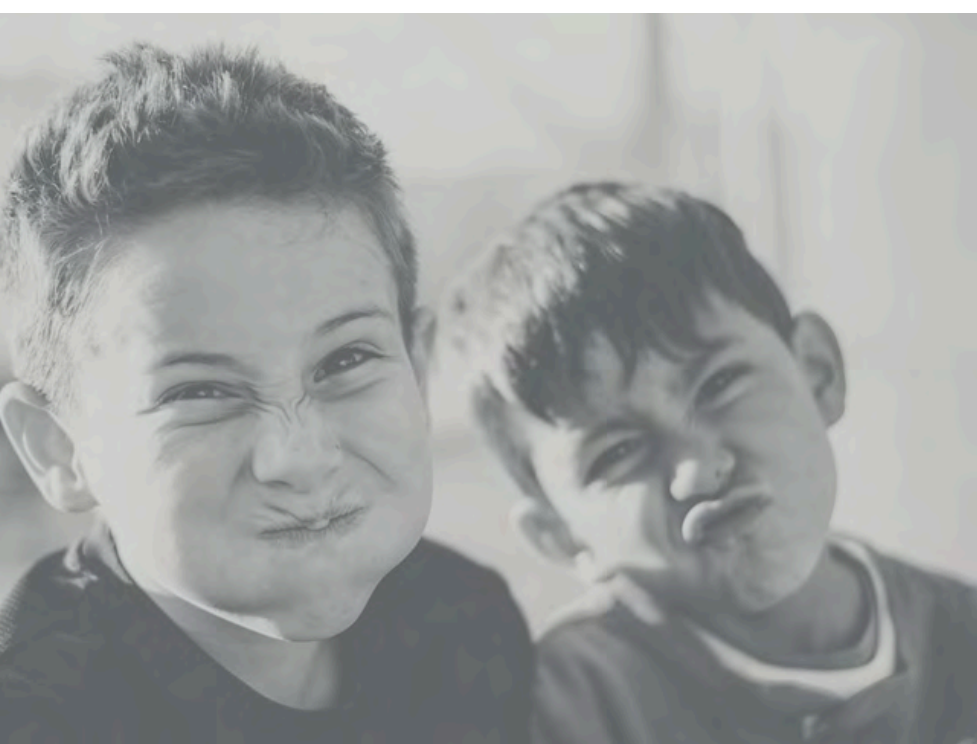
MENTEES' WELLBEING IS IMPROVING!

Mentees' growing positive sense of self extends beyond learning. Mentees' overall wellness is improving as a result of better emotional regulation and self-understanding, as shown in the excerpts below:

In the beginning of our match, they were very unsure of themselves they were anxious to meet me because I was a new person. Over the year I saw their confidence skyrocket and every week they were very excited to tell me new things going on in their life. By the end of the year they had a pretty good grasp on figuring out their personal and gender identity with my help (their words). - Mentor

We learned new ways to be kind to others, we talked about nice things we could say, we learned that we are awesome and how to love ourselves- Mentor

In terms of mental health, we did a lot of work about self-esteem. We made a bunch of affirmations to repeat, we changed automatic negative thoughts to positive ones and we tried lots of new things. She could see that if she doesn't do so well, it's okay because she tried. - Mentor



THE BOTTOM LINE

Evidence suggests that having a caring mentor who actively listens, asks thoughtful questions, and provides insightful feedback can inspire young people to engage more deeply at school and overcome obstacles to their success. Big Brothers Big Sisters of Ottawa programs are having a deep positive impact on mentees' **school connectedness, commitment to learning, and enhanced constructive use of time** - laying the foundation for lifelong confidence and a love of learning.