



## Mentors Influence Youth Outcomes



Mentors can provide opportunities for Littles to practice important skills. The 6Cs represent the core skills and habits that lead to a healthy and productive adolescence and adulthood. With intentional effort, a Big can help a Little develop and maintain these life-changing habits.

- Confidence
- Caring
- Connection
- Character
- Curiosity
- Competence

### Why do kids need Mentors?

Every child has potential, not every child has opportunity. Mentors help Littles recognize their potential, which supports drive to find opportunity and work hard towards goals.

### What is Important?

- Be consistent
- Form a friendship based on trust
- Show genuine care for your Little
- Set goals around positive youth development
- Be a role model
- Provide opportunities
- Listen and respond to your Little without judgement

### Interested in theory behind the power of influence?

The Pygmalion effect is a theory that explains how people tend to perform up to the level that others expect of them. When mentors show they believe in their Littles potential through words and actions, praise hard work & effort and encourage their Littles to have resilience it supports the Little's self-perception that they can achieve goals and tasks, despite their ability.