

# COMMUNITY-BASED IMPACT REPORT 2019

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Justin was a typical teenager struggling to find his place in the world when he was matched with Matt through Big Brothers Big Sisters of Utah.

Big Brother Matt and Little Brother Justin soon discovered a shared love of the game Dungeons and Dragons. What started as a Mentor and Mentee playing a game together, quickly turned into an unbreakable bond between Big and Little. Through his time with Matt, Justin was able to open up and be himself.

Big Brother Matt has found that his time with Justin has changed his outlook on life as well. Matt writes, "Justin is going to accomplish amazing things one day, and I am humbled and honored to help him refine and focus until that day comes."



## THE COMMUNITY-BASED LITTLES:

In 2019, BBBSU served 668 children through Community-Based mentoring; their average age was 13. Utah mentors spent approximately 48,100 hours with their Littles in 2019.

**77%**

live in poverty

**54%**

are children of color

**66%**

had mentors for at least 12 months

# YOUTH OUTCOMES FROM 12 MONTHS OF COMMUNITY-BASED MENTORING



(all improvements noted are statistically significant)



*reported improvement in scholastic competence*



*reported they were less likely to engage in risky behaviors*



*reported increased parental trust*



*have a non-parent adult they can rely on*

The Big Brothers Big Sisters of Utah Community-Based Mentoring Program defends the potential of kids aged 6-18 who face opportunity gaps. This program has existed in the US since 1904 and in Utah since 1978. It matches volunteer mentors with children on a one-to-one basis.

The pair then meet two to four times per month for fun activities which also focus on working toward development goals for the child. Activities center around five “thriving indicator” areas: healthy habits, life skills, love of learning, positive relationships, and social skills. Research shows that mentoring promotes development in these five vital areas.

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