WHAT IS 4-H MENTORING?

4-H Mentoring of Utah county is a nationally recognized program which is operated through Utah State University, and began in 2001. The program is designed for youth, ages 9-15, and their families. The Four "H's" stand for "Head, Heart, Hands and Health."

Youth are matched with young adult mentors, who establish caring relationships with identified youth. Mentors act as a role model, guide, and friend. This program allows youth to develop their interpersonal and academic skills by participating in structured recreation, meeting regularly with their mentor, and participating in 4-H sponsored youth activities. The program is FREE to all youth participants.

PROGRAM ACTIVITIES

Mentoring: Youth are matched with a young adult mentor who acts as a friend, role model, and guide. Mentors are volunteers who inspire their mentee to greater heights.

M&M: Mentor & Mentee activities planned by the 4-H staff for mentors to bring their mentees. This is an opportunity for mentors and mentees to meet and befriend others in the program.

FNO: Family Night Out activities planned and provided by the staff at 4-H Mentoring. These activities provide fun opportunities for families to bond. All costs are covered by 4-H.

Club: Occurs weekly. Provided by 4-H staff members. Meetings are an opportunity for involved youth to meet other youth in the program, have fun, and learn new skills.

We are committed to providing an environment which fosters belonging, independence, generosity, and mastery among mentors, youth, and families. These are the four essential elements of positive youth development.
FAMILY & YOUTH COMMITMENTS

Communicate with your Mentor & Site Coordinator

Each youth is assigned a young adult mentor. It is vital that you communicate with the mentor. They will be meeting with their assigned youth each week. Your site coordinator (4-H Staff) will be communicating with you each month regarding activities and updates. Please be open in your communication with them.

Youth Meet Weekly with their Mentor

If you miss a week occasionally it is not a big deal, if you communicate that to your assigned mentor. There will be weeks the mentor may not be able to come. Communication with your youth’s mentor is important, and this is something we train each of our mentor's on.

Attend 50% of Family Night Out Activities

We hold monthly Family Night Out (FNO) activities. Sometimes we offer more than one FNO each month. We ask that you attend at least 6 each year. These are typically on Monday evening or Saturday morning/afternoon. These are always fun, and we provide dinner.

Examples of previous FNO activities include: Ice skating, Hiking, Service activities, Self-defense class, Fitness day, Water games/Water parks, Luminaria light show, and many more!
MENTORING BASICS

WHAT YOU NEED TO KNOW ABOUT MENTORING

YOUNG ADULT MENTOR

Your youth will be matched with a Young Adult Mentor. Youth will spend at least 1 hour a week with this mentor. Mentors act as a role model, guide, advocate, and friend. Communication between you and the mentor is key to a lasting relationship. Mentors commit to a minimum of a 1-year match with youth. This year is when the most growth and development will occur. Each youth or Mentee will be matched with a young adult mentor. You will meet the mentor before they are matched with your child. Each mentor is fully screened (background check, fingerprinted, interview, reference check).

WEEKLY MEETINGS

The Mentor and Mentee will meet weekly or communicate on a weekly basis if for some reason the mentor is prevented from coming. The Mentor and Mentee will plan activities together using the four essential elements of positive youth development - belonging, independence, generosity, and mastery (BIG M) as a guide. Mentors are not tutors; however, they can help with homework occasionally and encourage your child to do well academically. Mentor and Mentees attend the M&M’s (Mentor and Mentee activities) every month. If for some reason the mentor cannot attend one of the monthly M&M’s, one parent may come with the youth. If the weekly meetings or communication ceases for some reason, please reach out to your Site Coordinator immediately.

FAMILY NIGHT OUT (FNO) ACTIVITIES

Family night out (FNO) activities are designed to strengthen the family. Mentoring staff put time and effort into planning fun and educational monthly activities. Your commitment to the program includes 50% attendance to the activities each year. Professional presenters are occasionally brought in to teach about specific subjects.

4-H SITE COORDINATORS

Site coordinators are your contact within the program. They will be contacting you on a bi-monthly basis to let you know about the planned activities for the month and checking on the Mentor and Mentee relationship. Site Coordinators will also be running afterschool clubs for the youth to attend. They will set up the initial meeting between your family and the Mentor.
POSITIVE YOUTH DEVELOPMENT

PURPOSE OF 4-H MENTORING

We believe by focusing on positive youth development that youth will avoid juvenile delinquency and be better prepared for adulthood. As a program, we are committed to providing an environment which fosters belonging, independence, generosity and mastery among mentors, youth, and families.

The activity ideas listed below are focused on helping you work toward developing the BIG M. If you need help checking out items from the 4-H Office, please contact your site coordinator. Here is the link with materials to check out: http://reserve.utahcounty4h.org/

**BIG M**

**BELONGING**
Provide a safe environment and set an example of inclusion and kindness.

**INDEPENDENCE**
Encourage discovery and allow your mentee to make decisions and even make mistakes. Treat it as a learning opportunity.

**GENEROSITY**
Teach your mentee to put others' needs before their own. Help them find opportunities to serve.

**MASTERY**
Recognize your mentee's achievements. Teach them how to set and reach appropriate goals.
WHO TO CONTACT, WHERE TO LOOK FOR INFORMATION

BRANDON SUMMERS
PROGRAM DIRECTOR
brandon.summers@usu.edu
385-268-6534

SITE COORDINATORS
8 PROGRAM SITES IN UTAH COUNTY

- North Utah Valley Site (4h.utahvalleynorth@gmail.com)
- Pleasant Grove Site (4hmentoring.pg@gmail.com)
- Orem Site (orem.4hmentoring@gmail.com)
- South Orem Site (southorem.4hmentoring@gmail.com)
- Provo Site (4hmentoring.provo@gmail.com)
- South Provo Site (southprovo.4hmentoring@gmail.com)
- Springville Site (hobblecreek.4h@gmail.com)
- Spanish Fork Site (4h.utahvalleysouth@gmail.com)

Visit our website for more information and resources | www.utahcounty4h.org

Want to show your support for mentoring or see announcements? Follow our pages!

- @4hmentoring
- @4hmentoring
- @4hleadership

“"The key reasons [to successful mentorship] had to do with the expectations and approach of the mentor. Most of the mentors in the relationships that failed had a belief that they should, and could, “reform” their mentee. Almost all the mentors in the successful relationships believed that their role was to support the youth, to help him or her grow and develop.”

- National Mentoring Resource Center
FAMILY AGREEMENT

I __________________________promise that as part of my participation in the Mentoring program I will agree to the following terms*

My child will actively participate with their assigned mentor for a one-year period.

Our family will attend at least six 4-H Family Night Out activities every year.

If my family moves or can no longer participate in the program, I will communicate with my assigned site coordinator and child's assigned mentor.

I will actively communicate with my assigned site coordinator.

I will actively communicate with my child's assigned mentor for weekly activities.

_____________________________  __________________________
Parent Signature               Date

*This is not a binding contractual agreement. It is designed to outline the responsibilities and commitments for each mentor.