



# Amplifying Mentoring Across Canada



If you've ever had a mentor – at work, at school or in your life – then you know that mentoring can change lives. Many of us have had informal mentors, caring adults who supported us in our lives or careers. They include teachers, coaches, Elders, and people in our communities. Some of us were also fortunate to have had formal mentors, through youth mentoring programs, or through academic, workplace or career mentoring.

## Why Mentoring Matters

Mentoring amplifies a young person's potential, one relationship at a time. For the first time, we have Canadian research to support the positive impact of mentoring on young peoples' lives. In early 2020, MENTOR Canada led **Mapping the Mentoring Gap**, a comprehensive survey of 2,838 young adults, to understand the impact of mentoring on youth in Canada. **Our research demonstrates clearly that youth who have access to the support of a mentor are more likely to report positive mental, education and career outcomes as young adults. Survey respondent who were mentored were:**

**53%**

more likely to report good or excellent mental health

**Over 2x**

as likely to report a very or somewhat strong sense of belonging

**Over 2x**

as likely to have completed high school

**95%**

more likely to have pursued further education after high school

**59%**

percent more likely to have an occupation (either employed and/or studying)

Young people who had access to formal mentors were even more likely to report positive outcomes compared to their non-mentored peers. They were:

**Almost 3x**

more likely to report good or excellent mental health

**78%**

more likely to have an occupation (either employed and/or studying)



Learn more at [mentoringcanada.ca](https://mentoringcanada.ca)

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# COVID-19 Response and Recovery



During this period of unprecedented health and economic uncertainty, MENTOR Canada has pivoted our work to respond to immediate and emerging **employment** and **mental health needs** among Canadian youth and the youth-serving organizations that support them.

Now more than ever, quality mentoring opportunities are needed to help youth develop an understanding of the practical job skills required to meet labour market demands and learn how to access opportunities aligned to their academic, career and life goals.

At the same time, mentoring service providers need to be able to meet the demand. An estimated 15,000 young people across Canada are currently on wait lists for mentoring programs.

MENTOR Canada is leveraging e-mentoring platforms and our network to support young people who have been impacted by the pandemic, including:

- 1. Connecting More Youth to Mentors:** In December 2020, we launched MENTOR CONNECTOR – a free online mentor recruitment platform that links volunteer mentors and youth to over 150 mentoring programs across Canada.
- 2. Recruiting More Mentors:** Our targeted social media and outreach campaign – [becomeamentor.ca](https://becomeamentor.ca) – is helping to recruit mentors and raise awareness of the need for more mentors.
- 3. Supporting Mentors:** Our one-hour online Mentor Orientation allows potential mentors to gain an understanding of mentoring, youth development concepts, child safety, boundaries, and the dynamics of building a positive mentoring relationship.
- 4. Improving Access to E-Mentoring:** We will be launching an e-mentoring platform in Spring 2021 to increase safe access to an e-mentoring. This free platform will be bilingual, mobile, and secure.
- 5. Promoting Career Mentoring:** We are partnering with corporate and community leaders, including Starbucks, Deloitte, RBC and GTAA, to connect young adults to career mentoring through our virtual Power of Mentoring events.

MENTOR Canada is a coalition of organizations that expand and enhance youth mentoring by building sector capacity through research, technology, public education and development of regional networks. We work with the sector to develop the tools, technology and outreach strategies they need to connect more young people to mentoring opportunities. Working together, we are raising the profile and the awareness of the importance and need for mentoring.