

Children and youth who were mentored report better outcomes

Youth who had a mentor growing up reported several positive outcomes as young adults compared to their peers who were not mentored. Young adults who were mentored were more likely to:

- ▲ Report good or excellent mental health
- ▲ Have pursued further education after high school
- ▲ Feel that they belong in their local community
- ▲ Be studying and/or employed
- ▲ Have completed high school
- ▲ Be interested in mentoring others

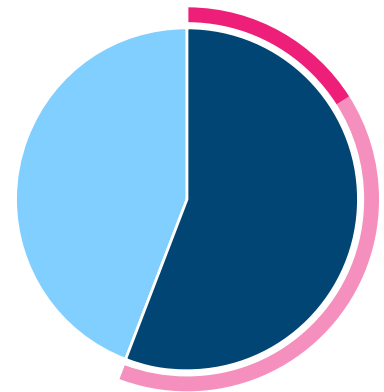
Just over half of survey respondents recalled having a mentor at some point during their childhood or adolescence.

56% recalled having a mentor between the ages of both 6 to 18.

~16% of young people had access to a formal mentor through a mentoring program. Some of these young people may also have had informal mentors.

~40% of young people only had access to informal or natural mentoring, developing mentoring relationships with adults in their surroundings.

44% grew up without the support of any mentor.



- 56% Recalled having a mentor between the ages of 6 to 18
- 44% Grew up without the support of any mentor
- ~16% Of young people had access to formal mentors
- ~40% Of young people only had access to informal mentors

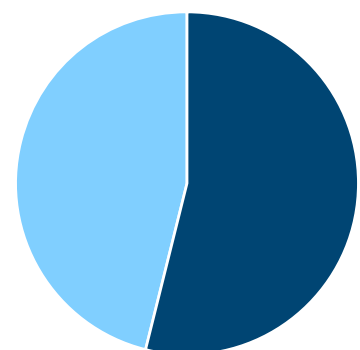
Over half of young adults could recall a time growing up when they wished they had a mentor but did not have access to one.

Young people who identified as a sexual minority, had a functional disability, or faced one or more risk factors growing up were more likely to report unmet needs with regards to access to mentors than young people who did not share these identities or experiences.

Roughly 38% of young adults faced barriers accessing mentors during their adolescence.

The most common barriers were:

- Not knowing how to find a mentor;
- Not understanding what mentoring was or the value of having a mentor;
- Not having access to mentoring programs.



- 54% Reported unmet needs about access to mentors between the ages of 6 to 18
- 46% Did not report unmet needs about access to mentors between the ages of 6 to 18

In the winter of 2020, MENTOR Canada surveyed 2,838 young adults between the ages of 18 to 30 about their experiences with mentors while they were growing up.

[Learn more about the State of Mentoring research findings.](#)