



Change a Life: Be a Mentor!

Youth today face unique challenges and pressures that previous generations did not. Things like social media, peer pressure, mental health, and money problems can be really tough.

Mentors are caring adults who can guide, encourage, and inspire. They provide an ear to listen, and also share their own experiences with life lessons. Mentors can serve as trusted adults who are positive role models, helping youth navigate challenges. Additionally, community members, parents, guardians, and family play a crucial role in protecting and supporting youth as they develop into healthy adults.

Research shows that mentorship can have a positive impact on a young person's academic success, social-emotional well-being, and community engagement.

Mentors Can Help:

Handle Challenges: Support and understanding to help young people deal with tough situations.

Learn Life Skills: Teach communication, problem-solving, and making good decisions. These skills help in school, jobs, and relationships.

Bounce Back: Build resilience, which means recovering from setbacks.

Reach Goals: Set goals and make plans to achieve them, whether it's for school, work, or personal dreams.

Grow Stronger: Develop their best selves. This means doing well in school, feeling good emotionally, and being involved in their communities.

Foster positive youth development: Reach their full potential. This can include academic success, social-emotional well-being, and community engagement.

Mentoring Matters Mentoring Makes a Difference



We Need You!

The Multnomah County: Be A Mentor Campaign is calling on adults in Multnomah County to step up and become mentors. With support from the PREVAYL CDC Grant, this campaign aims to make a positive impact on our community.

Be a Mentor. Make a Difference.

