

# Teen Mentoring Toolkit



Thinking about starting or enhancing a teen mentoring program in your school or community?  
Check out this no cost resource available at:

**[www.albertamentors.ca/teen-mentoring](http://www.albertamentors.ca/teen-mentoring)**  
**[www.resources.safeandcaring.ca/resource-students](http://www.resources.safeandcaring.ca/resource-students)**

## Benefits of Mentorship

Increase in connectedness  
to school & community

Increase in self-esteem  
and empathy

Improved social skills and  
behaviour

Improved academic  
achievement

*“Building positive relationships with kids so they feel connected and that they belong is one of the most valuable things we can do for them. This toolkit equips program staff to do just that! It is extremely user friendly and makes starting a mentoring program very doable.”*

– Pilot Participant

Join the conversation! **#ABmentors**



Alberta  
**Mentoring  
Partnership**

Developed in collaboration by the Society for Safe and Caring Schools and Communities and the Alberta Mentoring Partnership.