

## **Unit 2: Mental and Emotional Health**

### **Introduction**

Big Brothers Big Sisters of America matches children with teens and young adults who serve as their mentors. For more than 100 years, Big Brothers and Big Sisters have been helping children reach their potential through professionally supported, one-to-one relationships. The organization currently operates in all 50 states and has spread to 35 countries around the world. You can learn more about Big Brothers Big Sisters programs by visiting the organization's Web site.

### **Links to Explore:**

#### **Big Brothers Big Sisters of America**

<http://www.bbbsa.org/>

### **Directions:**

- Follow the link above to the Big Brothers Big Sisters home page.
  - Click on the links at the left of this page labeled "About Us" and "Our Programs" to learn more about Big Brothers Big Sisters.
  - After examining all these parts of the site, answer the following questions:
1. List three known benefits of having a Big Brother or Big Sister.
  2. How old are the children who receive mentoring through Big Brothers Big Sisters?
  3. Describe the two main forms of mentoring offered by Big Brothers Big Sisters.
  4. Describe the process of becoming a Big Brother or Big Sister.
  5. List three examples cited on the Web site of activities Bigs and Littles might share.
  6. How much of every dollar donated to Big Brothers Big Sisters goes to directly to making and supporting matches?

### **Answers:**

1. Any three: Little Brothers and Little Sisters are more confident in their schoolwork performance, 52 percent less likely to skip school, 46 percent less likely to begin using illegal drugs, 27% less likely to begin using alcohol, and more likely to get along with families and peers.
2. Ages 6 to 18
3. In community-based mentoring, the Big and Little meet for as little as an hour per week to share activities in the community. In school-based mentoring, Bigs and Littles meet once a week in schools, libraries, or community centers.
4. After expressing an interest in volunteering, applicants must go through a thorough background check and interview process. Then Bigs and Littles are matched based on location, personality, and preference.

5. Any three: shooting hoops, playing a board game, sharing a pizza, taking a walk in the park, or just hanging out and talking
6. 92.2 cents

**Additional Links to Explore:**

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

**MENTOR**

MENTOR/National Mentoring Partnership seeks to make mentoring partnerships available to all children who need them. It advocates for the expansion of mentoring initiatives and works to provide them with the support and tools they need to serve young people better.

<http://www.mentoring.org/>

**National Mentoring Center**

The National Mentoring Center offers training, resources, and online information services to the mentoring field.

<http://www.nwrel.org/mentoring>

**National Collaboration for Youth**

The National Collaboration for Youth (NCY) is a coalition of youth development organizations. Its mission is to serve as an advocate for youth, to improve the conditions of young people in America, and to help young people reach their full potential.

<http://www.nassembly.org/>

**Be a Champion Foundation**

The Be a Champion Foundation encourages young people to achieve and to set an example for others. Its programs promote health, education, and interaction with positive role models.

<http://www.beachampion.org/>

**The After School Project**

The After School Project provides grants to support quality youth development programs. Its mission is to connect significant numbers of young people in urban, low-income neighborhoods with responsible adults outside of the classroom.

<http://www.theafterschoolproject.org/>