



FRIENDS FIRST

Educate and mentor teens to make positive life choices and build healthy relationships



STARS Mentoring Program

School & Community Events

Project AIM

FRIENDS FIRST is more than 25 years old and has been dedicated to educating and mentoring teens to make positive life choices and develop healthy relationships. Our vision is to empower teens with the knowledge, skills set and mentoring needed to lead healthy and successful lives. We are investing in this mission through our in-school STARS Peer Mentoring Program; which is a 26-week program that pairs a younger student with an older student mentor and focuses on the core elements of self-awareness, future focus and MentorLife®, facilitating Project AIM; a positive youth development program that encourages youth to articulate their personal goals, parent education workshops and community events. Our students and communities are equipped through our programs with a strong sense of character, competence, confidence, community, and compassion in their pursuit of healthy relationships and rewarding futures.



28
schools served



9
states implementing
programs



9,782
students and parents
impacted annually

Mentors reported that STARS discouraged negative behaviors and **increased positive behaviors**, particularly in decreasing likelihood of bullying and smoking.

Mentees showed significant gains in **peer support** from pre- to post-program, and saw an **increase in confidence** and avoiding harmful behaviors.

AIM participants showed significant gains in **grit, self control, and self awareness**, as well as decreases in anti-social behaviors.

Pursue participants showed significant gain in **future focus** outcomes, as well as a decrease in several risky behaviors.



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