



# STARS Mentoring Program

Students Teaching about Relationships and Success



Self-Awareness

Healthy Decision-Making

MentorLife®

The STARS Mentoring Program is a classroom-based, peer-to-peer mentoring program that engages and supports students to make positive life choices and build healthy relationships. STARS provides students the opportunity to discover themselves and build upon their skill set through our three core elements of self-awareness, healthy decision-making and MentorLife®, which means to always invest in someone and always have someone investing in you. STARS mentors receive training and mentoring from their program coordinator, then they in turn are paired with no more than four mentees where they lead activities and opportunities for discussion. Through the program, students are able to strengthen their leadership abilities, discover and practice positive social and emotional skills around mental health, healthy relationships and decision-making, gain confidence and feel valued.



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.

"The biggest lesson I learned in STARS was to focus on my legacy and my reputation. To me that always meant to **keep my eyes fixed on the life I wanted to lead** and not on what people thought of me in the moment when I chose to avoid risky behaviors."

"Being a mentor/having a mentor has ignited a **passion for me to serve others**, get involved in philanthropic work, and build meaningful relationships. My mentor is one of the most influential people I know today and someone I still idolize as a role model."



**FRIENDSFIRST**  
MENTORLIFE

friendsfirst.org | 720.981.9193

