



STARS Mentoring Program

Students Teaching about Relationships and Success



Self-Awareness

Healthy Decision-Making

MentorLife®

STARS MENTORING PROGRAM

PROGRAM LICENSING

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.

STARS Products and Services (annual)

- Rights to use The STARS Mentoring Program for up to 120 students
- Single program coordinator training and certification at FRIENDS FIRST headquarters; include coordinator materials and student handbooks
- One onsite student mentor training and certification for up to 25 mentors
- Participation in FRIENDS FIRST evaluation processes and access to all evaluation instruments
- Site based stakeholder report(s)

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STARS Products and Services continued

- Project evaluation report from an independent evaluator per cohort
- Four hours per month of phone, video conference or on-site programmatic and technical support
- Two site visits for ongoing support and monitoring for program fidelity
- Option to use and customize FRIENDS FIRST STARS Mentoring Program school memorandum of understanding (MOU) documents, marketing and promotional collateral per FRIENDS FIRST guidelines

"For the 20 years I've been working in youth development, ***I have never seen a peer mentoring program as effective as STARS.*** The word mentoring is usually intimidating to young people, especially within certain demographics as they perceive it as someone better than them or who knows more than them yet cannot relate and will resort to talking about a whole lot of nothing. ***STARS opens up conversations and lets down defenses through the activities.*** Our students especially love the Walk in My Shoes Activity and the Roots activity. I'm looking forward to expanding programming here in Atlanta."

- Denise Wright, Senior Program Manager
Communities In Schools, Atlanta

STARS Across the Country



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