



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.



34
schools served



Seven
states implementing
programs



More than 13,000
students and parents
impacted since 2018

Students reported that what they learned about healthy outlets in STARS was useful during the pandemic, particularly in being able to talk about their feelings with others.

Both mentees and mentors reported that they have embraced MentorLife®, with at least 80% saying they feel confident in their ability to find a mentor or be a mentor.

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

Mentees and mentors reported having enjoyed STARS and said they learned both a **useful skill-set or concept** and **something about themselves** in the program.



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