

# Thriving Under the Influence



- Mentoring
- Coaching
- Leadership
- Literacy Program



The Bridge Builders Foundation's "Thriving Under The Influence" program seeks to empower youth with values, attitudes, and strategies required to thrive in school, at home and in the community. The program focuses on strengthening self awareness, expanding understandings of environmental influences, and developing skills to work constructively and collectively with others.

The "Thriving Under the Influence" program supplements existing classroom, home, and community activities by exposing youth to role models and mentors. Students are engaged, on a weekly basis, outside of the classroom at targeted school and community sites for 90-120 minutes.

Students also participate in bi-monthly, "incentive-based" community enrichment field trips to educational and recreational venues totaling over 100 hours of engagement each school year. These field trips are incentivized by measuring attendance, citizenship, and homework completion.

## Program Participation Outcomes

- Increased positive behavior and attitude
- Decreased absences and disruptive behavior
- Higher homework completion rates
- Increased knowledge of ethnic history and culture
- Greater awareness of the value of education, skilled trades, and the linkage to careers
- Better understanding of healthy living

Studies show that every dollar invested in quality youth mentoring programs yields a \$3 return in benefits to society (*Mentor Effect*, 2014).

The benefits of mentoring can be seen across many aspects of an individual's life, including better attendance and attitude toward school, less use of drugs and alcohol, improved social skills and interactions with peers, more trusting relationships and better communication with parents, and an increased chance of continuing on to higher education.

You can make a difference in the life of a very deserving youth. The Bridge Builders Foundation is always seeking volunteers and sponsors. To support or join, visit [BridgeBuildersLA.org](http://BridgeBuildersLA.org) or call 888.355.0917