**Lunch Buddies Peer mentoring: FOI & Tools**

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| **Lunch Buddies (Peer Mentoring)** |
| Mentoring is about one person helping another to achieve something. It is about giving help and support in a non-threatening way, in a manner that the recipient will appreciate and value and that will empower them to move forward with confidence towards what they want to achieve. In peer mentoring, a student mentee meets with a student mentor, at least weekly. A true mentoring program goes beyond mentors being just a friend who spends an occasional hour over lunch or an afternoon playing basketball. Support that helps a student change their trajectory needs to go beyond friendliness, to work with them to achieve measurable goals that they value in areas like academics and social integration. A typical mentor is an older student who has had successes in academics/behavior and serves as inspiring role models and to increase the academic success of students needing more support and peer attention.  |
| **Why Does this Intervention Work?** | **Critical Features** |
| * A student is surrounded with a circle of peers, and caring adults cheering him on, the kind of social capital that helps striving students succeed.
* First points of contact into real relationships. When students attend an event or join a group, the Mentoring Community creates a space where mentors and peers can grow an on-going relationship with each student and be available when each needs it.
* The intervention, when overseen successfully, forges new collaborations between students and adults.
 | * Recruit mentors for lunch buddy program
* Ongoing skilling building between the Lunch Buddy Mentor and an adult
* A consistent location and schedule for mentorship is designated (at a minimum of 1-2 meetings per week.)
* Through reflection, mentors and mentees monitor their own progress
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| **Resources** |
| * Setting up a Lunch Buddy Program
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