Big Brothers Big Sisters (BBBS) Community-based Mentoring
Program initiated in 1904. Standards for national affiliates are now directed by Big Brothers and Big Sisters of America.

This logic model was created by the Evidence-based Prevention and Intervention Support Center (EPISCenter) at Penn State University. It is based on a research study conducted by Public/Private Ventures, *Making a Difference: An Impact Study of Big Brothers Big Sisters*. The study was released in 1995 and reissued in September of 2000.

### The Program’s Mechanism for Change & Goal

**Mentoring Relationship:** Consistent Interaction Between A Youth & A Caring Adult
- Targets at-risk youth ages 6 to 17

*Establish a professionally supported one-to-one relationship between a mentored youth and a caring adult.*

**Goals:**
- To bolster youth in achieving their highest potential
- To have a positive and measurable difference in the life of each mentored youth
- To help youth to become confident, competent, and caring individuals

**Researched Interaction Frequency and Duration:**
An average of 3x a month for 3-4 hours per interaction and a match length of at least one year

### Proximal Outcomes

**Targets**

**Decrease Risk Factors**
These increase the likelihood of drug use, delinquency, school dropout, teen pregnancy, and violent behavior, and are targeted for a decrease.

**Increase Protective Factors**
These exert a positive influence and buffer against negative outcomes, are targeted for an increase.

**Improved Youth Capabilities**
*Competence*

**Improved Youth Attitudes**
*Confidence*

**Improved Relationship Skills**
*Caring*

### Distal Outcomes

**Reduced Youth Substance Use**

**Improved Relationships With Family & Positive Peers**

**Reduced Youth Antisocial Behavior**

**Improved Youth Academics**

Big Brothers Big Sisters (BBBS) Community-based Mentoring Program initiated in 1904. Standards for national affiliates are now directed by Big Brothers and Big Sisters of America.
### Program’s Mechanism for Change & Goals
A professionally supported one-to-one relationship between a mentored youth and a caring adult is established.

### Program Modalities
Specific operational guidelines are followed before and after the match is formed to accomplish the program goals.

### Targeted Risk and Protective Factors

**Risk Factors:**
- Academic failure or poor school performance
- Lack of commitment to school
- Early/persistent anti-social behavior
- Rebelliousness
- Friends who engage in problem behaviors/Negative peer influences
- Favorable attitudes towards problem behaviors/substance use
- Early initiation of problem behaviors
- Family conflict

**Protective Factors:**
- Exposure to community/cultural norms that do not favor antisocial behaviors and substance use
- Involvement in and recognition for pro-social activities
- Promotion of healthy beliefs and clear standards
- Goal setting/Positive future orientation
- Positive parent-child affect and parental trust
- Improved relations with pro-social peers
- Positive orientation to school and increased scholastic confidence and competency
- Communication/interpersonal skills
- Decision-making and critical thinking skills
- Coping/self-management skills

### Proximal Outcomes
Targeted outcomes that the program is designed to impact immediately following program completion.

**Improved Skills/Attitudes:**
- Less favorable attitudes towards anti-social behavior/substance use
- Increased healthy coping & stress/self-management skills
- Increased decision making/critical thinking skills
- Increased communication/interpersonal skills
- Increased peer pressure resistance skills
- Increased goal setting

**Improved Academic Skills:**
- Increased optimism in academic competency
- Increased educational expectations
- Increased positive orientation to school

**Improved Relationship Skills:**
- Increased levels of trust in parent(s)/guardian(s)
- Increased emotional support from peers
- Increased trust in the mentor
- Increased involvement with pro-social peers and in pro-social activities

### Distal Outcomes
Outcomes impacted by the program months/years following program completion that have been demonstrated through research.

**Reduced Substance Use:**
- At least 46% less likely than the controls to initiate drug use. BBBS minorities were up to 73% less likely than similar minorities to initiate drug use.
- 27% less likely to initiate alcohol use (with a stronger effect for minority females – 54%)

**Reduced Antisocial Behavior:**
- 32% less likely to hit someone
- Research conducted on school-based mentoring has demonstrated teacher reports of a lower percentage of serious school offenses, such as fighting.

**Improved Youth Academics:**
- 52% fewer days of school skipped (with higher effects for females – 84%)
- 37% fewer classes skipped
- Gains in grade point averages
- Increased confidence in academic efficacy
- Research conducted on school-based mentoring has demonstrated higher teacher ratings for overall performance, quality of class work, and assignment completion.

**Improved Relationships:**
- Improved relations with parent(s)/guardian(s)
- Improved peer relationships

**Targets Not Researched:**
- Increased high school graduation rates
- Decreased rates of teenage pregnancy

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### Mentoring Relationship: Consistent Interaction Between a Youth and a Caring Adult

**Researched Interaction Frequency and Duration:**
An average of 3x a month for 3-4 hours per interaction and a match length of at least one year

**Goals:**
- To bolster youth in achieving their highest potential
- To have a positive and measurable difference in the life of each mentored youth
- To help youth to become confident, competent, and caring individuals

**Program Modalities:**
- Screen Youth
- Screen Volunteer
- Volunteer Training
- Carefully Match Youth & Volunteer
- Consistent Interaction Between the Mentor & Youth
- Affiliate Planned Social Activities
- Social & Cultural Enrichment
- Regular Case Manager Supervision

**Proximal Outcomes:**
- Consistent Interaction
- Match Youth & Volunteer
- Volunteer Training
- Carefully Match Youth & Volunteer
- Consistent Interaction Between the Mentor & Youth
- Affiliate Planned Social Activities
- Social & Cultural Enrichment
- Regular Case Manager Supervision