

**Table 3b. Mentoring Programs and Youth Outcomes:
Review of Effects on Health and Safety**

YOUTH OUTCOMES	MENTORING PROGRAMS WORK	MENTORING PROGRAMS DON'T WORK	MIXED REVIEWS	"BEST BETS"
HEALTH AND SAFETY				
Drug and alcohol use (3 experimental studies)	Compared to control group, program participants <ul style="list-style-type: none"> • were less likely to initiate drug^{BBS1} and alcohol use^{BBS1,AA2} (especially minority youth)^{BBS1} • had better reactions to situations involving drugs and alcohol^{AA1} • were less likely to initiate drug-use 6 months after program participation^{AA2} 		Results for marijuana use insignificant for short-term ^{AA2}	The following practices are best bets for reducing drug and alcohol use: <ul style="list-style-type: none"> • More frequent contact with mentor^{MP1} • High involvement with mentors^{AA1} • Mentor relationships lasting 12 months or more (6 mos or more for alcohol use)^{MP1} • Higher quality mentor relationships^{MP1}

<p>Behaviors related to delinquency (5 experimental studies)</p>			<p>Compared to a control group, mentored youth were:</p> <ul style="list-style-type: none"> • less likely to hit someone^{BBS1} • less likely to engage in problem behavior^{AA2} • less likely to commit misdemeanors or felonies^{BLNG} • committing less serious offenses^{BLNG} • less likely to commit a major offense in the program year(37.5% vs 64%)^{BS1}, or in the program year or two years later (56% vs 78%),^{BS2} (only for mentored youth with a history of committing major offenses) <p>BUT, program participation did not impact behaviors such as:</p> <ul style="list-style-type: none"> • stealing or damaging property^{BBS1} • number of times youth sent to office^{BBS1} • doing risky things, fighting • cheating^{BBS1} • using tobacco^{BBS1} <p>Youth without a prior major offense were more likely than a control group to commit a major offense in the program year(16% vs 7%)^{BS1}, or in the program year or two years later (23% vs 16%)^{BS2}</p>	
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Program symbols:

AA	Across Ages	CP	Campus Partners in Learning	MP	Multiple Programs
BBS	Big Brothers/Big Sisters	CB	Career Beginnings	R	RAISE
BLNG	BELONG	HP	Hospital Youth Mentoring Program	SAS	Sponsor-A-Scholar
BS	Buddy System	LL	Linking Lifetimes		

(BB/BS and SAS are the only two programs represented in study MP2)