



**Big Brothers Big Sisters  
of New Zealand**

*Tuakana Teina*



**BIG BROTHERS BIG SISTERS IGNITES  
YOUTH POTENTIAL**

# WE NEED TO STEP UP FOR YOUNG PEOPLE

## **Hundreds of thousands of Aotearoa young people face adversity.**

When exposed to adversity such as violence, poverty, crime, identity challenges, or mental health issues, young people risk not realising their full potential.

This can lead to continuing cycles of poverty, crime, drug use, and unhealthy living. These costs are borne by the young person, and by society.

Worse still, facing prolonged adversity creates toxic stress, which can impact childhood brain development.

### **MENTORING IS AN ESSENTIAL SERVICE**

Neuroscience tells us that a nurturing, caring relationship with a stable adult buffers the impact of toxic stress on a child's brain.

The common denominator of successful adults who experienced adverse childhood experiences (ACEs) is the presence of a mentor.

The evidence is clear. When we provide young people facing adversity with a committed mentor, we decrease their risk factors and ignite their potential.


### **OUR VISION:**

Quality mentoring relationships for all young people in New Zealand.

### **OUR MISSION:**

To make a positive difference in the lives of young people through professionally supported mentoring relationships.

**MENTORING IGNITES THE POWER OF YOUNG PEOPLE  
SO THEY CAN REACH THEIR FULL POTENTIAL**



Compared to non-mentored youth  
who face adversity...

## **MENTORED YOUTH ARE:**

**17%** more likely to be gainfully  
employed and earn **13%** more  
on average in those jobs

**98%** believe they make good  
life choices and **96%** report  
being happy

**87%** have strong social networks

**PARTNERS IGNITE THE POWER OF YOUNG PEOPLE  
SO THEY CAN REACH THEIR FULL POTENTIAL**

# THE POWER OF THREE

Big Brothers Big Sisters enables life-changing mentoring relationships through **The Power of Three: The Family, the Organisation and the Mentor.**

Our staff are experts at screening, training, and matching a mentor with a mentee to realise their potential.

## THE FAMILY AND YOUTH



Young person facing adversity AND in need of a developmental relationship<sup>1</sup>

## THE ORGANISATION



Professional agency staff trained to recruit and match volunteers; train and support mentors and mentees

## THE VOLUNTEER MENTOR



Volunteers who work together with professional staff to create a developmental relationship<sup>1</sup> with our youth

# Youth Outcomes

## SOCIAL EMOTIONAL COMPETENCE

RELATIONSHIP SKILLS  
SOCIAL AWARENESS  
RESPONSIBLE DECISION MAKING  
SELF-MANAGEMENT  
SELF-AWARENESS

## MENTAL HEALTH & WELLBEING

POSITIVE IDENTITY  
MENTAL WELLNESS  
SOCIAL INCLUSION & EMPOWERMENT

## EDUCATIONAL ENGAGEMENT & EMPLOYMENT READINESS

SCHOOL CONNECTEDNESS  
COMMITMENT TO LEARNING  
ENHANCED CONSTRUCTIVE USE OF TIME

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THE POWER OF THREE

PROVIDES A  
**23:1**

SOCIAL RETURN ON INVESTMENT THAT MEANS:

**Every \$1 invested in mentoring  
returns \$23 to society<sup>1</sup>**

MENTORED YOUTH SEE POSITIVE RESULTS:

**IN COMMUNITY**

87% HAVE STRONG  
SOCIAL NETWORKS

50% MORE LIKELY TO  
VOLUNTEER (AND GIVE  
30% MORE TIME!)

13% MORE LIKELY TO  
DONATE (AND GIVE 20%  
MORE MONEY!)

**IN LIFE**

81% REPORT FINANCIAL  
LITERACY

98% BELIEVE THEY MAKE  
GOOD LIFE CHOICES

80% PURSUE HEALTHY  
LIFESTYLES

**AT WORK**

47% HOLD SENIOR  
LEADERSHIP POSITIONS

17% MORE LIKELY TO BE  
EMPLOYED

13% HIGHER EARNINGS  
(\$315,000 HIGHER  
LIFETIME INCOME)

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<sup>1</sup> Among economically disadvantaged groups, \$1 invested in by Big Brothers Big Sisters returns \$23 to society. The Boston Consulting Group undertook a multi-stage study that compares the outcomes of children who participated in community 1-on-1 programs with those that did not.



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## THE POWER OF THREE

THE FAMILY



THE ORGANISATION



THE MENTOR



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YOUTH  
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[www.bigbrothersbigsisters.org.nz](http://www.bigbrothersbigsisters.org.nz)