

UFM Teen Mentoring Program

Parent Information Guide

Program Background:

The UFM Teen Mentoring Program began in the Fall of 1997 out of concern for teens who were frustrated in traditional youth program settings. Existing services were not able to meet their needs or interests. To address this need, UFM created a unique, structured program of recreation and life skills in a mentoring atmosphere. This program serves a population of youth in a manner not addressed by other programs in the community. Middle and high school-aged youth from USD #383 are matched with college student mentors in a structured program held at UFM. The program design includes activities that offer support, life skills and recreational activities.

About the Volunteer Mentors:

Volunteer Mentors are recruited from Kansas State University. Each Mentor is screened through an application, interview and background check. Volunteers are asked to provide support, encouragement and friendship to teens referred to the program. Each Mentor will be assigned one or more students. Mentors are asked to be available for the weekly group meetings. With parent permission, additional follow up is encouraged at least once during the week with a phone call, visit or an e-mail.

Mentors agree to participate a minimum of one semester, and are encouraged to volunteer for the school year.

Orientation and training is provided at monthly mentor meetings. Topics include effective mentoring, communication skills, teen issues and specific areas to be addressed based on teen needs.

The Mentor Program:

The Mentors and students meet on Tuesdays for high school students, and Thursdays for middle school students from 3:00 to 5:30 p.m. at UFM Community Learning Center, 1221 Thurston. Students are matched to Mentors who work with them during the weekly meeting time. A variety of activities are offered that allow large and small group interaction. There are at least two mentors with students during UFM activities. Volunteers transport teens from school to UFM and parents are asked to pick-up their students after group at 5:30. Weekly activities include topics such as alcohol and drug use prevention, anger management, conflict resolution, communication skills and dating violence. Recreation is planned regularly throughout the semester. Recreation might include art, bowling, ice skating, miniature golf, basketball, kickball, or other group activities.

The Teen Mentoring Program is free to all who participate. Funding comes from the City of Manhattan Special Alcohol Fund, The YES! Fund, the Robert R. McCormick Tribune Foundation and other grant sources.

Program goals include:

- Teaching positive life skills and alternatives to alcohol and drug use
- Improving confidence and resistance skills
- Enhancing the self-esteem of participants
- Improving personal control
- Improving interpersonal communication
- Empowering youth to take responsibility for their own futures
- Encouraging students to better their communities with community service projects

Length of the Program:

The group meets weekly most of the year. During the school year, high school students meet at UFM on Tuesdays from 3:00-5:30 and middle school students meet on Thursdays from 3:00-5:30. Summer sessions are on Wednesdays from 3:00-5:00. New students and/or Mentors may be added at any time during the semester. Call about current meeting dates.

Expectations of the Students:

- Attend regularly and contact Mentor Coordinator in a situation of illness or other absence
- Practice respect for facilitator, mentors and other students
- Actively participate in group sessions with interest and willingness to contribute to activities
- Cell phone use is not allowed during mentoring. Phone calls and text messaging are reserved for contact with parents/guardians only.
- Act in accordance with UFM Teen Mentor Program rules the students create during the first sessions and throughout the semester

There is a zero tolerance policy on illegal substance use or possession and weapon use or possession at the UFM Teen Mentoring Program.

For more information, call UFM at 539-8763.

Student applications can be downloaded from our website at www.tryufm.org

UFM Teen Mentoring Program

Student Information

What is the UFM Teen Mentoring Program?

The UFM Teen Mentoring Program is an after-school program for middle and high school students like you who want a fun place to go after school! UFM meets once a week after school until 5:00. If you come to UFM you will participate in recreational activities with classmates and K-State mentors. You will also get rides to UFM and home with your K-State mentor!

What is the point of the UFM Teen Mentoring Program?

The UFM Teen Mentoring program will give you a non-traditional and interesting place to come after school with your friends. We want you to feel comfortable and empowered at UFM so we ask you to help create the rules for the program and give input about the semester schedule. The Mentoring Program includes both education and recreational programs during the semester, all activities are hands-on and fun!

This program encourages:

- Increased confidence and personal strength
- Fun activities and relationships with the other students and mentors
- Leadership from making decisions for the program
- Increased self-esteem
- Involvement with a fun and supportive group of people!

What do I have to do for the program?

For you to start attending the UFM Teen Mentoring Program, you need to complete the student application, get a parent signature and agree to the Student Expectations. After that, you can come and have fun every week!

Student Expectations:

- Attend regularly and contact Mentor Coordinator in a situation of illness or other absence
- Practice respect for facilitator, mentors and other students
- Actively participate in group sessions with interest and willingness to contribute to activities
- Cell phone use is not allowed during mentoring. Phone calls and text messaging are reserved for contact with parents/guardians only!
- Act in accordance with UFM Teen Mentor Program rules you will participate in creating during the first sessions and throughout the semester

This program is funded by the City of Manhattan and the YES! Fund.

UFM Teen Mentoring Program Student Application

Name: _____ Home Phone: _____

Address: _____ City: _____ State: _____

Zip: _____

Age: ____ Sex: ____ Year in School: 7th 8th 9th Soph Junior Senior

School you attend: _____

Parent/Guardian Name: _____ Work Phone: _____

Why are you participating in this program?

What school or community activities are you involved in?

What special interests, needs or issues should we be aware of?

Other information you would like us to know about you:

How did you hear about the program?

I am aware of the goals and activities provided by this program. I agree to attend meetings and actively participate in Mentoring activities. If I cannot attend a meeting, I will call UFM to let them know.

Student Signature: _____ Date: _____

I give permission for my son/daughter to participate in the UFM Teen Mentoring Program. I understand that this is a volunteer program. I agree to assume responsibility on behalf of my child for any risks associated with the program. I give permission for my son/daughter to be transported on field trips and to be transported from school to UFM for the meetings and then home. Transportation, if needed, will be provided by UFM staff or a screened Mentor volunteer.

Parent/Guardian _____ Date: _____

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UFM Student Emergency Information Form



Student's Name _____ **Birth date** _____

Parent/Guardian's Name _____ **Home Phone** _____

Address _____ **Work Phone** _____

City _____ **State** _____ **Zip** _____ **Cell Phone** _____

E-Mail _____

Emergency Contact _____ **Phone** _____

Alternative Contact _____ **Phone** _____

Student's Insurance Co. _____ **Policy #** _____

Family Physician _____ **Phone** _____

Family Dentist _____ **Phone** _____

Preferred Hospital _____

I grant permission to the UFM Teen Mentoring Program to perform basic first aid, CPR. I also grant the mentors or the Coordinator of the UFM Mentoring Program to call emergency services or take my child to the Hospital.

Date _____ **Parent Signature** _____

Drug and Alcohol Policy

The use, possession, and/or intoxication from drugs and alcohol are strictly prohibited in the UFM Teen Mentoring Program.

This includes all UFM sponsored activities involving students and mentors. I understand I will be immediately removed from the program, and, if applicable, prosecuted for my actions.

I _____ understand drug and alcohol use, possession and/or intoxication is a zero tolerance issue at the UFM Teen Mentoring Program and I will accept responsibly if my actions defy this rule.

Signature

Date



Parent/Guardian Contact Information



Parent/Guardian name:

Parent/Guardian e-mail address:

Parent/Guardian Phone Numbers:

Cell: _____ Work: _____

Home: _____

Parent/Guardian address, if different than what is listed on Student Application:

Additional contact information the parent/guardian would like the UFM Teen Mentoring Program to have:
