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 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.

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

The Mentor Program:

The Mentors and students meet once a week from 3:00 to 5:00 p.m. at UFM Community Learning Center, 1221 Thurston. Days vary from year to year. 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 home following the group meetings. 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

The Teen Mentoring Program is free to all who participate. Funding comes from the City of Manhattan Special Alcohol Fund.

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. New students and/or Mentors may be added at any time during the semester. Call about current meeting dates. 539-8763.

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

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:

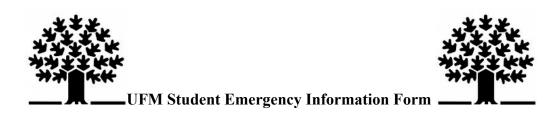
- Attend regularly and contact Mentor Coordinator in a situation of illness or other absence
- Practice respect for facilitator, mentors and other students
- Actively participate in group sessions with interest and willingness to contribute to activities
- Cell phone use is not allowed during mentoring. 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 Special Alcohol Fund.

UFM Teen Mentoring Program

Student Application

Name:	Home Phone:		
Address:	City:	State:	
Zip:			
Age: Sex: Year in	School: 7th 8th 9th Sophomore	e Junior Senior	
School you attend:			
Parent/Guardian Name:		_ Work Phone:	
Why are you participating in t	this program?		
What school or community a	ctivities are you involved in?		
What special interests, needs	s or issues should we be aware	of?	
Other information you would	like us to know about you:		
How did you hear about the p	program?		
		am. I agree to attend meetings and a meeting, I will call UFM at 539-8763	
Student Signature:	Date	e:	
understand that this is a volu for any risks associated with on field trips and to be transp		ne responsibility on behalf of my child for my son/daughter to be transported ne meetings and then home.	
Parent/Guardian		Date:	



Student's Name	Birth date		
Parent/Guardian's Name_		Home Phone	
Address		Work Phone	
City	State Z	ip Cell Phone	
E-Mail			
Emergency Contact		Phone	
Alternative Contact		Phone	
Student's Insurance Co		Policy #	
Family Physician		Phone	
Family Dentist		Phone	
Preferred Hospital			
_	tors or the Coo	toring Program to perform basic first airdinator of the UFM Mentoring Program to the Hospital.	
Data Par	ant Signatura		

Drug and Alcohol Policy

are strictly prohib This includes all Umentors. I underst	on, and/or intoxication from drugs and alcoholited in the UFM Teen Mentoring Program. UFM sponsored activities involving students and and I will be immediately removed from the oplicable, prosecuted for my actions.
1	understand drug and alcohol use, intoxication is a zero tolerance issue at the ring Program and I will accept responsibly if its rule.
Signature	 Date





Parent/Guardian name:	
Parent/Guardian e-mail addre	SS:
Parent/Guardian Phone Numb	pers:
Cell:	Work:
Home:	
Parent/Guardian address, if di Application:	ifferent that what is listed on Student
Additional contact informatio Teen Mentoring Program to h	on the parent/guardian would like the UFM nave: