



**Standing Tall in
Hamilton Inc.**
School-based Mentoring

PARENT / GUARDIAN INFO SHEET

What is Standing Tall and why should my child be part of the Program?

Standing Tall in Hamilton Inc. is a registered national charity that delivers weekly, one hour, school-based mentoring sessions to students. Mentors are local community members who are screened, trained, and are carefully matched with your child based on their interests, hobbies and specific needs.

Our mentors are caring community members who share their life knowledge and skills with the younger generation. Standing Tall is committed to child safety we ensure that all our mentors undertake a stringent application and screening process before they are matched with a student.

Standing Tall is a free resource for students, we are a small charity fully funded by the local community, illustrating the importance that our community places on the wellbeing of its young people.

Standing Tall school-based mentoring is a great resource that can be accessed through your school to provide an additional support to your child – another great tool to strengthen your child's wellbeing.

An article written by Marilyn Price-Mitchell PhD in *Psychology Today*, outlined a recent study, which examined 70 mentoring programs. The report states that more than 25,000 young people found that mentoring had a significant effect on positive youth development (Raposa, et. al 2019). A synopsis of the Raposa study (as outlined in the *Psychology Today* article) reads:

“Research shows that adult mentoring:

- *Models positive social skills and facilitates interpersonal connections beyond family.*
- *Helps young people interpret and manage life challenges, including relationships with peers and parents.*
- *Facilitates meaningful conversations that boost cognitive skills and provides perspective.*
- *Strengthens self-regulation, one's ability to manage emotions and impulses—to think before acting.*
- *Promotes identity development, a key task of adolescence, through modelling core qualities that contribute to human thriving, like empathy, curiosity, resourcefulness, and resilience.*
- *Opens doors to new ways of thinking, resources, and opportunities.*
- *Fosters self-efficacy—a belief in oneself”.*

If you have any further questions about how your child can be involved, please contact your School Wellbeing Team.





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COMMON MISCONCEPTIONS ABOUT STANDING TALL

It means I am not a good parent / role model

False!

It means that you are a fantastic parent who recognises that surrounding our children with caring adults is so important, it develops a strong connection to the community, school and builds confidence and self-esteem. We want our children to experience all things in life and that too goes for getting a taste of all different types of people and pulling life knowledge and experience from these people to help them develop and model their own identity.

Our community is full of people who have varied life experience and who are happy to share their knowledge with our children – we don't want our kids thinking that there is only one way to be – there is a whole world out there and a whole lot of people to take knowledge from!

Students involved with Standing Tall come from disadvantaged backgrounds / abusive backgrounds.

False!

Standing Tall has students from all different walks of life – they may have grandparents that live far away and would benefit from a grandparent figure; they may lack confidence and have low self-esteem and would benefit from someone who will provide additional encouragement and lend a listening ear; or yes, they may be struggling with some aspect of schooling either academically or socially and just need an extra trusted adult friend in their life. The one thing they all have in common is that they would benefit from having one-to-one time with another adult in their life.

Students involved with Standing Tall struggle academically at school.

False!

Again, there are so many reasons for children to be part of this program. Some of our students have a real passion or strength for certain subjects and we can match with a mentor who has the same interests and can really help in developing this passion. The student may be struggling with friendship groups and may just need a different perspective on how to handle challenging social interactions and need some confidence boosting.

