Does Natural Mentoring Matter? A Multilevel Meta-analysis on the Association Between Natural Mentoring and Youth Outcomes

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Abstract

Every adult can make a difference in the lives of the young people around them Natural mentors – extended family, neighbors, teachers, or friends – who are trustworthy and consistent can help youth feel more confident and supported when facing stressful events A recent meta-analysis supports the vital role that caring adults play in kids' education, vocational performance, and emotional health, by fostering positive development and helping kids avoid the risks associated with the tumultuous years of adolescence Youth lacking these relationships can become isolated, and face psychological and emotional problems Teaching our kids ways to recruit natural mentors – and encouraging adults to more freely share their social resources – might just transform young lives Levi van Dam. “Does Natural Mentoring Matter? A Three Level Meta-analysis on the Association between Natural Mentoring and Youth Outcomes”. American Journal of Community Psychology (2018).