



THE MOST
IMPORTANT
HOUR YOU'LL
SPEND ALL
WEEK.



1HourForKids.org

GROWING UP,

most of us had someone who made all the difference in our lives. Maybe it was a parent or grandparent. A teacher. A friend. An adult who understood you and cared about you. As you were growing up, that person was someone you could look up to.

Today in our community, too many kids are still waiting to meet someone who'll make the difference in their lives.

That's why **United Way Capital Area** is launching a new initiative called **1 Hour For Kids**. This initiative brings together eight nonprofits that specialize in providing mentors and tutors to vulnerable youth. These eight organizations work with kids in different ways, but all of their programs have shown the positive effect of connecting youth to supportive adults.

www.1HourForKids.org

FOUR HUNDRED VOLUNTEERS. FOR MIDDLE SCHOOL STUDENTS.

1 Hour For Kids seeks to recruit 400 new volunteers, specifically for middle school students.

Why focus on middle school students?

Middle school is a critical juncture in any student's life. During middle school, kids are going through major life and academic changes. Gaps in educational achievement increase rapidly. The middle school years are exactly when we need to be there to help.

Yet adults tend to volunteer heavily with elementary school students, while the number of volunteers drops sharply for middle school.

Mentors by School Level
(Big Brothers Big Sisters of Central Texas)



How much of a difference can we make for our middle school students? Research shows that middle school students with at least one supportive adult in their lives are almost **twice as likely to graduate** as those who do not¹.



1 out of 4 students entering 9th grade
do not graduate from high school.²

**HELP A MIDDLE SCHOOL STUDENT
HANG IN THERE AND GRADUATE.
(YOU CAN EVEN HAVE FUN DOING IT.)**

Help middle school students with academic subjects, or just be a positive role model. You can meet in one-to-one or group settings. Whatever you choose, our middle school students will be very happy to meet you.

One hour a week is not a lot of time, really. But it can change the world for those students.

Many **1 Hour For Kids** volunteers have busy schedules; their calendars are filled with significant projects. But most feel that the hour they spend volunteering to help a child is the most important hour they spend all week.

Learn more about how you can be connected to the most rewarding volunteer experience of your life at www.1HourForKids.org.

**WHAT'S UNIQUE ABOUT
1 HOUR FOR KIDS?**

1 Hour For Kids is a true collaborative, convened and led by **United Way Capital Area** and supported by the *Austin Independent School District*, the *Manor Independent School District*, the *E3 Alliance* and the *Austin Chamber of Commerce*. (Our eight nonprofit partners are listed on the back panel of this brochure.)

For the first time ever, United Way will collect objective results that are measured consistently across programs, and aligned with the regional strategic plan known as *The Blueprint for Educational Change*.™

**IT'S NO SECRET THAT WE ACCOMPLISH
MORE BY WORKING TOGETHER.
WON'T YOU JOIN US?**

OUR PARTNERS.

Big Brothers Big Sisters

Big Brothers Big Sisters (BBBS) provided more than 82,000 hours of mentoring to 1,662 children in Travis, Williamson, McLennan, Brazos, Burnet and Hays counties throughout 2008 as well as \$48,000 in scholarship money to 69 Littles pursuing higher education. BBBS has matched children, ages 6-16, with supportive adult mentors who share everyday experiences with the child. These quality relationships have proven in independent studies to significantly increase the quality of life for participating children.

Community-Based Mentoring: An adult volunteer spends time with their Little a few times a month for a minimum of one year. They are paired based on mutual interests.

Site-Based Mentoring: An adult volunteer spends time with their Little once a week for an hour at the child's school (usually during lunch) throughout the school year with opportunities for summer interaction.

Middle School Mentoring Matters (MMM): In collaboration with Communities in Schools, this program pairs middle school students with caring adult mentors, in order to build long-term, one-to-one relationships.

Amachi-Texas/Mentoring Children of Prisoners: A community-based mentoring program for children who have an incarcerated parent.

Big Couple Mentoring: Little Brothers are paired with committed couples in this community-based program and share in activities together.

Breakthrough

Breakthrough Austin provides a path to college, starting in middle school, for low-income students who will be first-generation college graduates. The program admits students as 6th graders and makes a six-year commitment to helping them graduate from high school and enter college.

Mentors: Make a long-lasting impact in our students' lives as they continue on their path to college. Successful mentors commit to regular meeting times with an individual student to build a relationship over time. Mentors and students meet at the Breakthrough office or around the community – a great way to make a difference!

After School Tutors: Help students build their knowledge and academic skills, providing them with the tools to be successful students. Tutoring takes place every Tuesday, Wednesday, and Thursday from 3:00 to 7:00 p.m. at the Breakthrough office. Successful tutors commit to a regular schedule every week.

Communities In Schools-Central Texas

Communities In Schools creates a network of volunteers, social services, businesses, and community resources that work together to break down education barriers and help students succeed. With your help, Communities In Schools can help many kids to pursue their goals and become productive members of the Central Texas workforce and community.

Middle School Mentoring Matters (MMM) – A collaborative effort between Communities in Schools of Central Texas and Big Brothers Big Sisters. The program

pairs middle school students in need (Littles) with caring adult mentors (Biggs) in order to build long-term, one-to-one relationships that have lasting impacts.

MMM uses a "School- to-Community" model which allows Biggs to begin meeting Littles in the school setting, and eventually transition the relationship to the community. Community activities can include trips to the park, museums, etc. and are designed to help Biggs get to know Littles better.

MMM offers monthly match activities and individual support for mentors from a Match Support Specialist. Becoming a Big Brother or Big Sister with the Middle School Mentoring program provides a wonderful opportunity for volunteers to make a significant difference in a young person's life.

Con Mi MADRE

Con Mi MADRE began in 1992 as the Hispanic Mother-Daughter Program through the efforts of The Junior League of Austin and The University of Texas at Austin. Con Mi MADRE facilitates the academic and personal success of Hispanic girls by providing information and support services to them and their mothers, in order to prepare the students for college. Con Mi MADRE serves 6th-12th grade girls.

Con Mi MADRE Mentors – Mentor opportunities for middle school girls. This program has scheduled group mentor-student activities on a monthly basis. Mentors will also arrange bi-monthly individual meetings with their student and are asked to commit for the academic year. Ideal mentors would be college students, as well as professional women from the Austin community.

Girl Scouts

Girl Scouts is the world's largest organization dedicated to empowering girls to be leaders. In partnership with adult volunteers, girls develop leadership skills, strong values, social conscience, and conviction about their own potential and self-worth.

Enterprising Girl Scouts Beyond Bars (EGSBB) is a uniquely targeted Girl Scout Troop comprised of girls whose mothers are incarcerated. EGSBB seeks to break the cycle of incarceration by giving girls the opportunity to increase their self-confidence and build character through bi-monthly Girl Scout troop meetings, therapeutic interventions provided by partnering agencies, and monthly visits with their mothers. EGSBB provides daughters of incarcerated mothers with the hope and skills they need to make better choices, lessens the trauma that comes with their separation, and enables the girls and moms to continue or build a necessary mother/daughter bond. Once mothers are released from prison, they receive additional services to help them become self-sufficient.

Manor ISD Project Mentor

Project Mentor: Our mission is to help students with the greatest need reach their potential through one-to-one relationships with an adult mentor who provides support and guidance.

A mentor helps a child develop his or her strengths and talents by supporting the efforts of other significant adults such as parents and teachers. Mentors meet with their mentee every week for approximately 45 to

60 minutes. Depending on a student's needs and interests, the visits consist of activities such as reading, playing games, doing homework, having lunch in the cafeteria or just talking.

Volunteer mentors are not permitted to visit the students outside of the school setting, except for supervised group activities. These activities include but are not limited to:

community-service projects, college-readiness opportunities, mentor education and focus group trainings, and educational field trips.

River City Youth Foundation

The vision of the River City Youth Foundation (RCYF) is to be the model of comprehensive neighborhood-based youth services that maximizes every child's potential and improves communities.

The purpose of RCYF since its inception has been to provide comprehensive wrap-around services to those who are critically in need. RCYF is currently expanding its programs and services to serve more clients in the 78744 area that are in need but remain unserved.

MY Hero! Mentors & Youth

Be a Hero! Provide friendship, positive role modeling, and guidance to a child. We require that you complete an application, four hours of orientation and training, and that you spend an average of four hours per month with your mentee. This best practices program enlists people who are positive role models, caring, accessible, and reliable for a mentoring experience that can turn a child's life from failure to success.

The Seedling Foundation

This best practice model provides substantial training and support for volunteer mentors, who are asked to meet with their mentees once weekly, at the child's school, for 45 minutes to one hour.

Seedling's Promise Mentoring Program – A school-based mentoring program for children whose parents are in prison. This best practice model provides substantial training and support for each volunteer mentor, who visits his/her assigned child weekly at school. The goal of this mentoring program is to interrupt the intergenerational cycle of incarceration by building each child's capacity to be resilient and to achieve in school.



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