



EMPOWERMENT

As a Big, if you:

- Make sure to keep all of your commitments as a role model
- Introduce your Little to a variety of people and experiences
- Allow your Little to become active in their community
- Learn healthy habits
- Commit to learning

When you do these things, you are helping to develop their character, cultural competency, self-esteem, personal power, sense of purpose and positive view of their future.

HIGH EXPECTATIONS

A mentor should have high expectations for their Little, throughout their match relationship. This develops healthy habits, as well as school and community engagement. Young people will rise to meet the expectations set for them.



MATCH ACTIVITIES

Our agency hosts multiple events monthly that align with SHARE.

Cooking activities, crafts, volunteer opportunities and more are made available for you and your Little to participate in.

SIGN UP
FOR A MATCH
ACTIVITY:



CONTACT



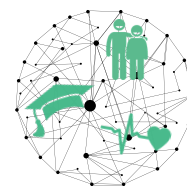
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SHARE

Support Healthy Habits Academics Resources Empowerment



Big Brothers Big Sisters®



As a mentor in our program, you are embarking on a journey to help youth develop the knowledge and skills they need to grow up successfully. As your mentoring relationship grows, we encourage you to partner with BBBS to learn how to **SHARE in the following ways with your Little:**

SUPPORT

Meet regularly and consistently with your Little

HEALTHY HABITS

Eat nutritiously, exercise and get outside with your Little

ACADEMICS

Support your Little's school and academics

RESOURCES

Volunteer together and/or join a club or program in the community

EMPOWER

Engaging in these activities will empower your Little



WAYS TO SHARE WITH YOUR LITTLE:

Over the first year of your mentoring relationship, you are encouraged to do the following activities as often as you like with your Little.

SUPPORT

- Meet with your Little regularly and consistently
 - Bring your Little to Volunteer support sessions
 - Attend Match Anniversary Party
- Introduce your Little to resource bearing adults
- Partner with your Little's parent/caregiver
- Encourage your Little to plan outings
- Talk about your hobbies together
- Discuss your Little's goals
- Appreciate your Little

HEALTHY HABITS

- Engage in random acts of kindness with your Little
- Give your Little a responsibility, task or chore
 - Help your Little identify & solve a problem and/ or identify & make a decision
 - Give your Little something to make and implement a plan
 - Budget with your Little
 - Do a financial literacy class
- Practice healthy eating with your Little
 - Take the HEB Cooking Challenge
 - Plan/Eat a nutritious meal together
- Exercise or engage in physical activity with your Little
 - Attend BBBS Flag Football Game
 - Attend BBBS Campout
 - Shoot hoops in the BBBS parking lot
- Do things outside when you can
 - Garden



ACADEMICS

- Attend the Annual School Success Celebration at BBBS
- Visit your Little's School for lunch or to support their activities
 - Meet your Little's teachers
 - Meet your Little's classmates/friends
 - Help your Little with homework
 - Know your Little's grades and help where applicable
- Discuss your Little's post high school plan to include enrollment in secondary education, enlistment in the armed forces, and/or employment
- Foster a love of reading for pleasure
 - Read the same book as your little
 - Visit a library or bookstore
 - Listen to books on tape
 - Do the BBBS Summer Reading Challenge

RESOURCES

- Visit museums or sites in the community that will build your Little's cultural competency
- Volunteer in the community together, including at BBBS events such as BFKS or at a recruitment booth
- Expose your Little to civic activities
- Become a student election clerk at 16 or 17
- Community marches such as MLK March
- Choose and/or support a creative hobby with your Little
 - Support your little's participation in extracurricular activities
 - Sign your Little up for another youth program opportunity such as joining the BBBS Girl Scout Troop or joining the YMCA

