

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

More Than A Program...It's A Promise!

NEWS Letter

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It Only Takes One Person

"When one person mentors, two lives are changed." Kevin Sessums

The month of January, aside from being the first month of the new year, is also known as National Mentoring Month. This is an entire month dedicated to acknowledging those who serve as mentors, encouraging others to become mentors, and recognizing the powerful impact mentors can have on the lives of children.

In data released from youthmentor.org, studies found that youth who have a mentor are 46% less likely than their peers without mentors to use illegal drugs, 27% less likely to start drinking and more likely to enroll in and graduate from a post-secondary or trade school. The same report found that youth who grew up with a mentor were better able to build leadership, management and creative skills – developing the knowledge and experience to positively impact their community and employability. **Mentoring has been shown to reduce depressive symptoms in youth and adolescents, helping them become confident and resilient adults.**

Pause, if you will, and think about a person in your own life who had a positive impact on you when you were growing up. Was it a teacher? A coach? A parent or loved one? What did this person teach you? How did this individual help you become the person you are today? When we intentionally pause and reflect back on those individuals who recognized something within us and encouraged us, we truly begin to see the power one person can have on the life of another.

Consider this month a call-to-action. Take a moment and think about people in your life. Is there someone who needs additional encouragement - someone who might benefit from it? the knowledge and experience you have? If so, take time this month to connect with that individual. The **ARNG CYS Program** offers many events and opportunities for military youth, where they can connect with their military peers and caring, supportive volunteers. Consider reaching out to your local **ARNG CYS Team** for more information:

<https://arngcys.com/my-local-cys-program>

For more information on mentoring and how you can become a mentor or encourage others to become mentors, check out the Mentoring.org Website:

<https://www.mentoring.org/campaigns/national-mentoring-month/>. **Working together, we can help build bright futures for others.**



SD: Youth Camp - 2021
Volunteer teaching flag folding

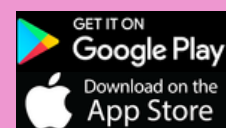
Connect with your local
CYS team to learn how
you can **VOLUNTEER!**

<https://arngcys.com/my-local-cys-program>

Do you want to stay up-
to-date with the latest
info? Be sure to

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#ARNGCYS2022

NAT'L MENTORING MONTH



- What if we all decided to turn up our impact?
- How would we strengthen our communities?
- How would we change the world?



CO - Conducting exchange planning information during the "Emerging Leaders" event.
[Youth Advisory Council 2021]



VT - Learning how to take a small mouth bass off a barbless hook.
[Conservation Camp 2021]

Fr i e n d s

Friendship is at the core of your relationship with the mentee.

Fun-loving - Have fun; nurture a sense of humor. Model what it means to laugh at yourself.

Respectful - Respect both your mentees and yourself as unique beings of great self-worth with a positive self-image. Acknowledge the right of your mentees to make choices.

Integrity - Be someone your mentees can depend on.

Empathetic - Your understanding helps you inspire them to greatness!

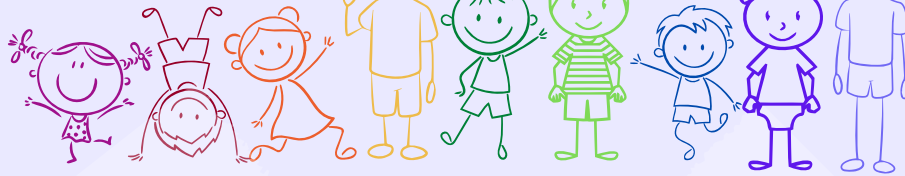
Nurturing - Create a supportive relationship in which your mentees feel cared and encouraged.

Developmental - Encourage your mentees to become the people they wish to be, a process that takes time and requires patience, perseverance, and the understanding that developing a friendship also takes time.

Sincere - Be yourself at all times; be genuine.



JANUARY 6: I AM A MENTOR DAY: Why did you choose to become a **#mentor**? What has the experience taught you? Celebrate I Am a Mentor Day today by sharing your story and inspiring others to do the same. Learn more at mentoring.org/nmm
#MentoringMonth
#MentoringAmplifies

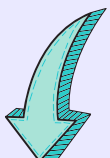


JANUARY 17: INTERNATIONAL MENTORING DAY: This coincides with Muhammad Ali's birthday. How will you incorporate Muhammad Ali's core principles as a mentor/mentee?

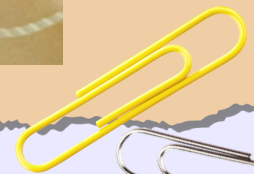
<https://alicenter.org/event/international-mentoring-day-muhammad-alis-birthday/>

#AliDay #InternationalMentorDay

1. Respect (Compassion, Empathy)
2. Confidence (Platform)
3. Conviction (Passion, Authenticity)
4. Dedication (Long Term Commitment)
5. Spirituality (Inner Peace, Mindfulness)
6. Giving (Service)



AR - Resilient & Fierce Military Youth Training Jr Counselors
[2021]



JANUARY 27: THANK YOUR MENTOR DAY
#ThankYourMentorDay!



MY

BEST

YEAR



<https://positivepsychology.com/goal-setting-students-kids/>

www.understood.org/articles/en/how-kids-with-learning-and-thinking-differences-can-set-and-stick-to-new-years-goals

OUT WITH THE OLD {20_____}

IN WITH THE NEW {20_____}

2 FAVORITE MEMORIES



3 PLACES I WANT TO GO

2 WAYS I CAN HELP OTHERS

 **3** THINGS I'M GRATEFUL FOR

1 LESSON! LEARNED!

1 THING I DID THIS YEAR I'M PROUD OF



1 THING I WANT TO GET BETTER AT

2 THINGS I'M LOOKING FORWARD TO



3 NEW THINGS I WANT TO TRY

#GOALS