

# Welcome to the World Changers Mentoring Program!



*“You can be the spark in someone’s life and light up the world.” – Anonymous*

As part of the World Changers Mentoring Program, this is what we seek to achieve:

- We want to help you learn peer-to-peer mentoring! To have and be a mentor to encourage other girls in their walks with Christ, hold each other accountable, and give encouragement and prayer! *“Many lives are impacted when one influences a woman... especially a young woman.”*
- We want high school girls to mentor middle school girls so middle school girls have the opportunity to have positive role models and high school girls have the opportunity to gain positive leadership experience. We do ask that you have an adult sponsor supporting your group and being YOUR mentor (high school girls) along the way.
- We want you to learn to stand out from the crowd and take the challenge to step outside your comfort zone and take a stand for Jesus! 1 Timothy 4:12, *“Do not let anyone look down on you because you are young, but set an example for the believers in faith, in love, in life, in love, and in purity.”*
- We want you to become active in the community! Take part in making the world a better place. Remember – *you ARE a world changer.*

## How Does it Work?

- Meetings should occur weekly, bi-weekly or monthly
- Meet before or after school
- Led by high school leaders (mentors)
- Attended by middle school girls (mentees)
- Monitored by an adult advisor
- Can be used in schools, churches, or sports teams

## Why the Need?

Approx. 7.8 million (10-13 year old) middle school girls in America:

- 9% pregnant
- 22% never make it through high school (drop out)
- 25% of girls with low self-esteem resort to self-injurious behavior
- 27% have been or will be suicidal
- 34% have eating disorders
- 55% experiment with alcohol, drugs or tobacco
- 75% of girls with low self-esteem reported engaging in activities such as disordered eating, cutting, bullying, smoking or drinking

\* Sources U.S. Census Bureau 2009 data, [www.schoolmatters.com](http://www.schoolmatters.com)& [www.julievtaylor.com](http://www.julievtaylor.com)

***“A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.”***

## Who is the Target?

- Middle School Girls in Grades 6-8 (Mentees)
- High School Girls in Grades 9-12 (Mentors)
- Other interested parties: *School Administrators, Counselors, Teachers, Parents, Coaches*

## The Good News!

Research shows that mentoring helps at-risk youth (Source: Public/Private Ventures P/PV)

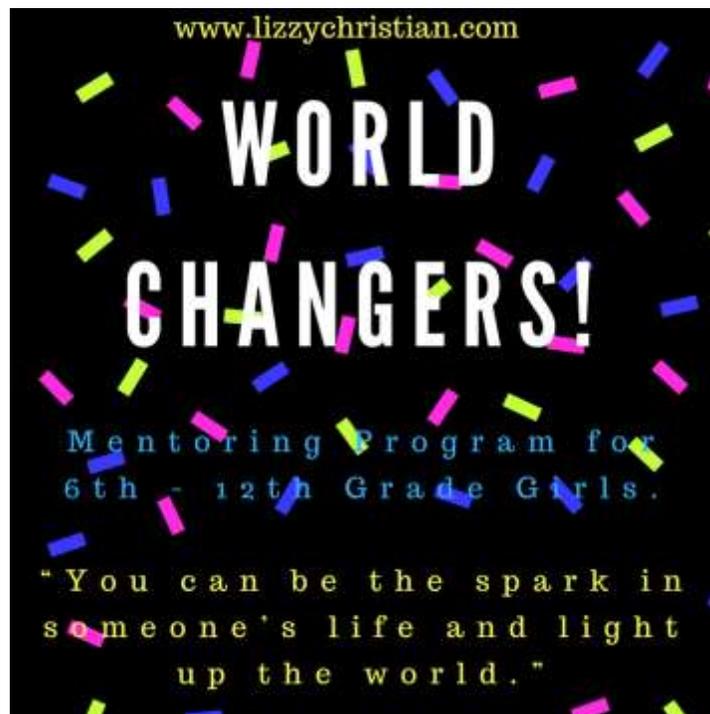
- Get along better with families
- More confident in their schoolwork performance
- 52% less likely to skip school
- 46% less likely to begin using illegal drugs
- 37% less likely to skip class
- 27% less likely to begin using alcohol

# How to Run Your World Changers Mentoring Program:

- Find an adult sponsor who can help organize your group.
- Choose 2-8 high school mentors to lead devotions and prayer on a rotating basis. You can create your own devotions, download some samples from the [WORLD CHANGERS Mentoring Program Page \(www.lizzychristian.com\)](#) or simply select a curriculum you'd like to use. If you need help selecting which option is best for your group, please email us: [fwmadeministries@gmail.com](mailto:fwmadeministries@gmail.com).
- Have the high school girls work with the adult sponsor to select your meeting time, location, and if you will meet weekly, bi-weekly, or monthly. Create fun invitations and invite the mentees face to face!
- Select several high school mentors to plan fun games and snacks for your meetings.
- Create a box for anonymous questions, prayer requests, etc. to do with the group. Always read them before you read it aloud.
- [Pair a high school and middle school girl up once the group begins meeting. Have the high school mentor check on the middle school mentee during the week, sit/pray with her when she arrives to the meeting, send her cards or anonymous gifts to encourage her throughout the week, and go out of your way to make a difference in her life. Go cheer her on at her volleyball game, invite her to church if she doesn't have one, etc.](#)  
[Think outside the box.](#)
- Plan at least one outing for the mentors and mentees every quarter. Don't forget to include your adult sponsor!

- *Become the **WORLD CHANGER** we know you are.* See the ripple effects of mentoring others. Become more involved in your community. Work with your mentees in the community, bettering your school, working at your church, and go out of your way and outside of your comfort zone to help and invest in others. We'd love to help you brainstorm ideas here if you can't think of any.

We are here to help encourage you, brainstorm, plan, and would love to come visit your group or help you get it going. Please feel free to email us at: [fwmadeministries@gmail.com](mailto:fwmadeministries@gmail.com) or visit [www.lizzychristian.com](http://www.lizzychristian.com).



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