

# Mentoring Urban Students & Teens

# M.U.S.T.

MUST is a fun, free four year mentoring program for African American boys. Our unique mentoring model pairs youth, who have a lot of potential but because of life circumstances need some help in high school, with African American male mentors who are enrolled in college. A relationship with a positive male role model supports youth in education and teaches them what it means to be a man. The younger guy watches the older guy for four years and begins to think... If he can do it... so can I!

**QUALITY MENTORING:** has been proven to reduce depression, deviance, and drug use and increase grades, attendance and acceptance.

“Most of his friends have gotten in trouble or dropped out of school. I feel the mentoring has kept his mind on higher goals and his ego intact.” — *Guardian*



# THE MUST MODEL



**Coaches**



**Mentors**



**High School Youth**

The power of the MUST mentoring model is that youth have someone they can relate to over a long period of time. They see someone who has been there and has overcome. It is also a group of guys, both older and younger, headed toward a positive future together. Positive peer pressure.

**Coaches:** Successful men in the community who volunteer to coach the Mentors while they are in college.

**Mentors:** African American young men who are enrolled in college are paid to mentor high school students for four years.

**High School Youth:** High school age young men with a lot of potential but need some help to graduate and be ready for college.

During the school year youth meet with their mentor once a week for breakfast and talk about life and school. Every other weekend there are fun group events like go carts, movies, rock climbing... etc. There are also life skills lessons throughout the year to help youth learn about jobs, relationships, etiquette, goal planning and their future. In the summer there are fun group events each week and an annual group getaway weekend to the beach or mountains.

**“There are few role models for him who are in our circle. This program has been a God send.” — Guardian**

**“He has become more confident in school and eager to take on the next challenge.” — Guardian**



**MUST - Mentoring Urban Students and Teens**  
4093 Letitia Ave S  
Seattle, WA 98118

**Phone:** 206-949-7444

**Email:** [rick@mentoringisamust.org](mailto:rick@mentoringisamust.org)

**Website:** [www.mentoringisamust.org](http://www.mentoringisamust.org)