

How Does Bolder Options Work?

Each youth is matched with an adult mentor for 12 months.

Each youth and mentor pair meets at least 2-4 hours a week throughout the one year program. The development of the relationship between youth and mentor is the core of Bolder Options. Staff works closely with each family to address any underlying issues that prevent youth success. This includes referrals for services, advocacy, and skill building. In addition, the program lends direction and support to the youth/mentor relationship by focusing on the following areas:

Youth and mentors participate in running or cycling events.

Youth and mentors participate in community-based biking and running events. Mentors motivate their youth to give all they have, working to improve their time on a 5k running race or complete a challenging 30 mile bike ride. These experiences help youth learn to go beyond their perceived limits, often accomplishing something that they didn't know they could.

Each youth develops personal goals.

Besides running or biking with their mentor, each youth develops personal goals. Mentors help youth create action plans for goals in the areas of physical, learning, and relationship health. Often, mentors will set their own goals in these areas so that the journey towards accomplishing them can be shared.

Bolder Options pairs attend program meetings and activities.

Youth and mentors attend life skills education meetings held at Bolder Options and facilitated by program staff. The curriculum includes topics like adventure learning, nutrition, culture, healthy habits and goal-setting. These meetings introduce youth to new ideas and encourage them to recognize their abilities and strengths. Parents attend a youth-parent meeting that addresses communication and youth development. Monthly program activities are more recreational in nature, and create a group mentoring atmosphere while doing something active and fun.

Youth work with mentors to improve grades and attendance.

School attendance is a key to academic success. Mentors work together with staff to encourage better attendance at school. Moreover, mentors often tutor their youth in order to improve school performance.

Youth and mentors volunteer in the community.

Volunteering offers youth the opportunity to give back and discover new skills. Youth volunteer at races, group events, or create a personal project in the community. Volunteering is a great way for youth to improve their community and foster a feeling of connection.

Youth and mentors attend community events.

To recognize success and allow new experiences, Bolder Options provides tickets to sporting events, theaters, museums, and other metro attractions.