

# Youth Participant Profile

## Who are they?

Bolder Options serves boys and girls 10-14 years old who are considered "at-risk." We ask that referred youth be physically able and mentally willing to either run or bike. They are not required to have any previous experience in either of these areas nor do we expect them to break world records. They only need to be committed to the program and willing to give it a try with the encouragement and guidance of an adult mentor.

## Where do they come from?

Our service area includes the Minneapolis and Saint Paul metro area. We prefer to receive referrals directly from youth-serving organizations/programs rather than directly from family members. Currently, we receive referrals from juvenile justice, middle and high school social workers/counselors, diversion programs, and adult corrections.

## Why are they referred?

Bolder Options youth are referred for a number of reasons. They might be missing a lot of school, they may be referred from a social worker at school, a court-ordered diversion program, or they may have been identified as simply a young person that would benefit from a one-to-one mentoring relationship. If referred from a court-ordered diversion program, the offense must have been a first-time offense and non-violent in nature.

## What helps in their success?

Our successful participants have some common characteristics. Typically, they have a parent/guardian/caring adult who supports their involvement in our program and is able and willing to help with minimal transportation to meetings and events. It also helps for the youth to have at least an interest in either running or biking.

## 2007 profile statistics

Number of youth: 125  
Gender: 53% Male, 47% Female  
Average Age: 12.4 years old  
Ethnicity: 45% African American, 20% Latino, 14% Multi-Racial, 7% Native American, 7% Asian, 7% European American  
90% lived in single-parent or "non-traditional" settings  
34% from low-income households  
21% did not speak English at home  
48% reported learning challenges  
37% reported mental health concerns  
25% reported both learning challenges and mental health concerns