



# THE 716 <sup>young</sup> FRIEND REPORT.

THE HEALING POWER OF FRIENDSHIP 2018

## WHY COMPEER WORKS



### MEETING A BASIC HUMAN NEED

*All Compeer youth report feeling comfortable talking to their Compeer Friend.*

Freely-given friendship & belonging to a community are regarded as basic human rights related to social justice.



### SOCIAL SUPPORTS BUILD CONFIDENCE

*All Compeer youth agree their Compeer Friend helped them become more comfortable talking to other people.*

Volunteers often encourage clients to try more & increase their activities, improving their self-esteem & self-confidence.



### CLIENTS RE-ENGAGE IN COMMUNITY

*According to parents, Compeer youth are more likely to participate in activities and socialize with others more often.*

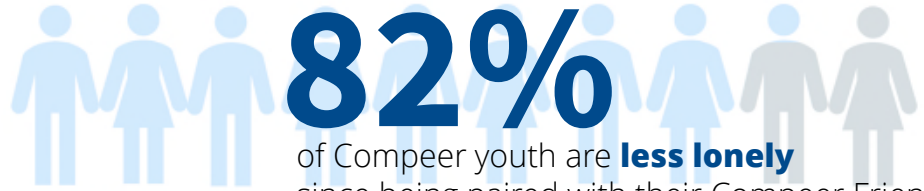
Interacting with individuals outside the treatment context & diversifying social networks increases community integration.



### ISOLATION SHRINKS, SELF-WORTH EXPANDS

*More than one third of Compeer youth are more optimistic about the future since being matched with their Compeer Friend.*

Rich, mutually-beneficial friendships help clients become more outgoing & sociable, increasing their self-worth & feelings of empowerment.



of Compeer youth are **less lonely** since being paired with their Compeer Friend.

Compeer youth agree that their Compeer Friend:

**understands them** **100%**

**helps them feel good about themselves** **100%**

**helps them to work towards their goals** **100%**

**frequently understands what they're going through** **91%**

**always listens to them** **83%**

“It’s a **great service** and”  
does **great work.** *-Compeer Youth*

Compeer improves **academics.** Since being matched with their Compeer Friend, youth are more likely to **do school work** (45%) and **go to school** (36%).

I really enjoy the time I spend with my friend...I have **learned just as much about myself** in addition to helping my friend.  
*-Compeer Volunteer*

[My child's mentor] is a **consistent, positive force** in my daughter's life. We are so grateful to have her.  
*-Compeer Parent*



**95%**

of Compeer volunteers and parents of youth **recommend Compeer** to others.