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MATCH SUPPORT NEWSLETTER

BIG BROTHERS BIG SISTERS OF METRO ATLANTA



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Raising Self- Confidence in Littles

BY SUSAN STUBBS, CREATOR

Confidence is a belief in oneself, the conviction that one has the ability to meet life's challenges and to succeed—and the willingness to act accordingly. Being confident requires a realistic sense of one's capabilities and feeling secure in that knowledge. As children get older, that confidence can be as important as the skills themselves. To thrive, kids need to trust in their own capabilities while, at the same time, knowing that they can handle it if they aren't successful at something. It's by experiencing mastery and rebounding from failure that they develop healthy self-confidence.

Here are some tips on how Bigs can help build self- confidence in Littles:

- Model confidence yourself
- Don't get upset about mistakes
- Encourage them to try new things
- Allow kids to fail
- Praise perseverance
- Help kids find their passion
- Set goals
- Celebrate effort
- Expect them to pitch in
- Embrace imperfection
- Set them up for success
- Show your love

MATCH HIGHLIGHT OF THE MONTH



BY EARLINE JOHNSON
MATCH SUPPORT SPECIALIST

Meet Big Sister **Georgia** and Little Sister **Grace**! They have been matched since October of 2022 and have already built such a great bond. Grace's mom stated Georgia fit right in with the family and it feels like Georgia is Grace's real big sister. They both love acting, singing, and splatter paintings. One of the first things the pair did together created a journal to plan out their outings and document what they've done together to remember later. They've already created plenty of memories to reminisce on including riding hoverboards together, making holiday crafts, and even watching home videos of Grace together. When speaking of her Big Sister, Grace states she loves that Georgia always makes sure that any activities they do together are something that she actually wants to do. This can be seen by the way Georgia takes the time to plan future outings centered around Grace's interests like spatter painting. Georgia has stated, "Grace is always a ray of sunshine. No matter what we do together she makes it fun. She loves trying new things and teaching me as well. I love being her Big Sister because of how open she is with me about her life. Also, Happy Birthday Grace!" Keep up the great work, ladies!



Match Tip of the Month:

by Ramzee Mcgee- Williams, MSS

" Listening to your Little "

Ask your Little what they need/want from the relationship and this will also help raise their confidence to speak up and express their thoughts.

MATCH ACTIVITIES AND EVENTS

V Virtual Event

O BBBSMA Partnership

I In Person

R Resource

● **Ink (Interactive Neighborhood for Kids, Inc.)** **I**

Our mission is to encourage children of all ages to develop their full potential through exciting hands-on learning. INK strives, through the exhibits of our Museum, to create a unique environment in which children of all ages, abilities and experience can feel free to imagine, create and explore beyond their dreams. Click [here](#) for more info.

● **Delta Flight Museum** **I**

Guests can explore rare aviation artifacts and airplanes, enjoy interactive exhibits, and even pilot a real flight simulator! The Boeing 737-200 full motion flight simulator is a true pilot trainer. So real, you'll think you're in the air. Click [here](#) for more info.

● **DIY Corner: Fly a Kite Together** **R**

What better way to start spring than to fly a kite. Skills that matches will learn include mindfulness, patience, perseverance, confidence, problem-solving skills, motor skills, balance and coordination, teamwork, and creativity. Here's an amazing [guide](#) from Atlanta Parent Magazine to help matches get started.

● **UPS Second Sunday at High Museum of Art** **I**

On the second Sunday of each month, they offer **FREE** admission for all visitors and special family-friendly programming! Enjoy art-making activities, performances, and the High's permanent collection and special exhibitions. Click [here](#) for more info.

● **Touch a Truck** **I**

Matches can see and touch their favorite city vehicles and equipment on wheels. The City of Decatur and DeKalb County fire trucks, dump trucks, tractors, police cars, motorcycles, bicycles and many other vehicles will be on display. Admission is free. Click [here](#) for more info.

● **Flying into the Future** **I**

Flying into the Future is where science and nature collide to bring you activities focused on STEM – Science, Technology, Engineering, and Math. Matches, come ready to learn about flying animals and test your tinkering skills with Wings to Soar, STEM-themed partners, crafts, and activities that will test your knowledge. Click [here](#) for more info.

Mentoring Resources to Empower Bigs

ARTICLES / VIDEOS

- [Building Relationships: A Guide for New Mentors](#)
- [Navigating the Differences Between Friendship & Mentorship](#)
- [100 Ideas to Use When Mentoring Youth](#)
- [How to build self-confidence in a teenager](#)
- [11 tips on building self-esteem in children](#)
- [Building Relationships: A Guide for New Mentors](#)

WEBSITES

- [BBBSMA's Match Resources](#)
- [Atlanta Parent Magazine](#) (outing ideas)
- [ATL Bigs](#) on Facebook
- [MENTOR](#)
- [Mentorga](#)
- [The Search Institute](#)
- [PFLAG](#) (supports LGBTQ+)



TEEN CENTRAL

Teen Central is an informative platform that contains valuable resources available through our agency and in the community that include scholarships, career programs, self-development workshops, and more to support our BBBSMA's teens and their future.

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V Virtual Event **O** Ongoing BBBSMA Partnership **I** In Person **R** Resource

★ SAT/ACT General Information & Assistance **I**

Teens and young adults getting ready to take the SAT or ACT, stop by Fairview Library to learn some study tips & preparation tactics before the big test. Click [here](#) for more info.

★ The Annual Teen Glitter & Goals Vision Board Party **I**

This event will be filled with available mentorship programs, board exercises, girl talk, guest speakers, special gifts by DTLR, Breaking Barriers, InspiredU, Costco, Target, Kenny Krems and more. This exciting event is dedicated to girls age 12 – 17. RSVP is required to attend and click [here](#) for more info.

★ Small Biz Series for Teens **I**

Teens are often seeking opportunities to earn income. This small business series explores options for teens who want to start a small business. Learn the basics of starting a small business using library resources. Series topics will include: W

- Learn the basics of creating a business website through WordPress.
- Learn the basics of creating a brand using Canva!
- Learn how to obtain an LLC business license in Georgia

Click [here](#) for more info.

★ BBBSMA's High School Support Resources **R**

Whether a high school Little is considering higher education, military service, or preparing to join the workforce, our online resources include college roadmaps, life skills, life paths, and the future planning form that will help Little be prepared for their journey. Click [here](#) to access the resources on our website.

★ Georgia Driver's Education **I** Scholarship Program for Teens

This 36-hour driving course is designed to teach the fundamentals of driving. Students will participate in 30 hours of classroom instruction (5-days) and 6 hours of behind-the-wheel instruction. **NOTE:** The driver must have a valid learner's permit. Click [here](#) to register.

★ Volunteer Opportunities for Teens **R**

Community service is a great way for middle and high school students to build their resumes, discover new interests and practice good employment skills. If you live in the Atlanta area, there are volunteer programs for all interests, from the environment to education to medicine to sports. To get started, click [here](#).

IMPORTANT REMINDERS

Communication with your Match Support Specialist

Maintaining consistent communication with us is vital to the success of your match relationship and please inform us of any challenges you are experiencing or questions you may have so we can work together through them. Also, ensure to schedule your appointment on a timely basis by clicking on the Acuity link you receive via text and email when your update is due. **Keep in mind that a lack of communication may lead to match closure.**

Survey Completion

The Strength of Relationship survey is important for Bigs and Littles to complete because it allows us to better understand how your match is progressing. You will receive an automated reminder via email and text for completion. **It provides valuable feedback for us to know the status of the relationship and how to better support.**

Overnight Stays

Please be advised that overnight stays are no longer permitted between matches as of 1/1/2022 regardless when the match was made. Big Brothers Big Sisters of America has implemented this policy in the best interest and safety of our matches. If you have any questions regarding this change, speak with your Match Support Specialist for guidance and support.

Match Safety Health Checklist

Safety and health will always be our main priorities for our community-based matches. If your match decides to meet in person, we strongly encourage all matches to follow the [CDC](#) guidelines:

- ✔ get vaccinated and boosted to protect yourself and others
- ✔ wear a proper mask, use hand sanitizer and wash hands often
- ✔ monitor your health daily and be aware of any symptoms
- ✔ choose to do an activity that provides social distancing
- ✔ discuss the level of exposure and comfortability in the community for all parties in the match, including parent/guardian
- ✔ meet in an open, well-ventilated area and avoid groups of people

 If a Big or Little has been infected or exposed, please **DO NOT** meet in person. Quarantine yourself for the time recommended by the CDC and ensure you test negative before resuming outings. You can continue to maintain the relationship through phone or virtual chats and reach out to your MSS for further support.