

Evaluation Report 2024

One action, big impact



The power of showing up
raise.org.au

raise 
youth mentoring experts

A note from our Data and Youth Insights Team

Community is the antidote to loneliness—and it starts with one conversation.

It can be hard being a young person in 2024. For the first time in recent history young people are the most likely group to experience loneliness and isolation. More than 3 in 5 of the mentees in Raise school programs this year cited loneliness as an issue they had personally faced. Young people are less likely to have a strong social network, less likely to seek help when they need it and less likely to feel optimistic about their future.

Young people are worried about what's happening in their communities, what is happening at school and what is happening in the wider world – as well as the existential threat of climate change and natural disasters.

As adults reading about the mental health crisis, school refusal, violence and disconnection, it can feel hard to work out how to help, when the challenges feel systemic and too large for any one person to ameliorate.

When Raise started back in 2008, we set out to support just one young person, taking local action in one local community. Sixteen years later we have supported more than 16,000 young people and trained more than 10,000 volunteer mentors to be changemakers in our schools and changemakers in their communities. Young people who came through our programs in early high school are coming back as adults to rejoin

Raise, to mentor other young people and to pay forward the difference that mentoring made to them.

Year after year, thousands of people from all walks of life volunteer to mentor a young person in need in one of our 10 or 20-week in-school programs. They are motivated by a range of factors including giving back to their community, developing their own skills to work or to parent, getting to know new people – but almost universally they end the mentoring year with a greater empathy for young people, a greater understanding of the issues facing young people and a greater appreciation for what it is like to be a young person right now.

This year Raise reached 2,546 young people through our in-school programs. Of those, 96% identified at least one positive impact of mentoring from improved confidence and the ability to make friends, to better mental health and feeling less lonely, and being more likely to help others. Across our four key outcomes of Help Seeking, Hope for the Future, Resilience and School Engagement we achieved statistically significant growth in all four outcomes for our 20-week program and three of the four for our 10-week programs. Four out of five parents and carers saw this impact independently – in their child's wellbeing and in the relationship they had with their child.



**"I hope you keep doing this,
so you can help somebody
the way you have
helped me."**

– Raise Mentee

Last year we measured the impact Raise mentors have beyond mentoring and found that as well as making a difference for their mentee, they were able to support at least one additional young person and one additional adult in their lives. This year, we built on this finding to discover that mentors from their first year at Raise are using their skills to help others – four out of five new mentors use their skills to help other young people in their families and their community or help others in their workplace.

Raise mentors feel more equipped to support young people because the relationship they have built with their mentee/s has broken down generational barriers – grandparents are building their confidence to relate to their grandchildren's experiences and parents understand how to encourage their children to seek help when they need it.

Evaluation has always been a cornerstone of our youth mentoring programs. The Raise Independent Evaluation, funded by the Australian Department of Health was completed and launched this year. Comparing outcomes to a matched control group of similar students, the evaluation found that Raise causes positive impact on a range of outcomes and works best for young people most in need.

The benefits of prevention and intervening early also make sound economic sense. Investing in Raise Youth Mentoring for a young person at 13-15, yields benefits across their whole lifetime in better education outcomes and higher earnings, as well as avoided costs in healthcare and welfare. An independent economic evaluation of the costs and benefits of Raise Youth Mentoring found a return of \$4.37 for every \$1 invested.

We can now complete the sentence 'Does Raise Youth Mentoring work?' with a resounding 'Yes'. In 2025, in partnership with the Life Course Centre at the University of Sydney we are commencing another independent study, this time looking at the long-term sustained impacts of Raise Youth Mentoring, beyond high school and into early adulthood.

Our mentoring programs are made up of thousands of individual stories of hope, resilience, help seeking and belonging. We can't share all of them with you, but we can share a few. If you are one of the 1,938 mentors who volunteered with Raise this year you may recognise your own mentee's journey in the impact we have made together in 2024.

If not a Raise mentor, I hope you are inspired by the difference that building connection in local communities and across generations can make.

The actions of just one person can lead to change makers everywhere.

"The program has been great. My mentor has been so helpful, and she is the best. Before Raise I was insecure and didn't know what to do and thanks to Raise it has been so helpful. I would love to do it as a mentor myself in the future."

– Raise Mentee



Data and Youth Insights Team

Youth Advisory Collective reflections

The Raise Foundation Youth Advisory Collective (YAC) is made up of a diverse group of passionate young people (18–25yrs) across Australia who share their perspective to make a difference to the work we do at Raise. Through ongoing consultation, our YAC ensures we incorporate the youth voice and reflect the needs of young people across all our decision making.

After reading the 2024 outcomes, I am not surprised by these statistics in the slightest. While there are always going to be some young people that are not in a place to receive help, the Raise program clearly has positive impacts on high school students. I particularly love the results on resilience and other factors before and after the program. Raise is so great because of its ability to cater for specific mentee needs and the freedom provided by the program allows the mentor and mentee to conduct sessions in the way that feels right. This serves as a benchmark for school based mental health practices which many services struggle to meet for various monetary and staffing reasons. As this data shows, the problems students today are facing are so individual, and the Raise program has enough flexibility to never pigeon-hole a student. I believe the success of this evaluation are the result of balance between a greatly structured and researched program and the flexibility to adequately help students and make them feel like their problems are heard. Raise continues to improve and evolve, matching the ever-changing landscape of high school that social media is creating. Raise will need to continue to innovate and change to engage the increasingly isolated and confused youth.

Dillon

YAC Member

The 2024 Evaluation Report is a wonderful testament both to the courage and vulnerability of this year's mentees and the commitment and generosity of our mentors. To have 96% of mentees feel that Raise mentoring has helped them in at least one area is an overwhelmingly positive outcome which affirms the impact that one-on-one connection can have on a young person's life. As a young person who had a number of key mentors during my time at school, I really resonated with the comment made by one of this year's mentee's about how helpful it is to have someone to talk to who is not related to you. At a time when loneliness is increasingly an experience that many young people can relate to (62% of mentees), there is immense power in having a mentor choose to get to know you for no reason other than being genuinely interested in your life and the challenges you are facing. It is heartening to see that, after mentoring, many mentees felt both more hopeful towards school (37%) and their future (45%). The fact that there was mentee growth in the four key outcomes – resilience, school belonging, hope for the future and asking for help – by the end of the program foregrounds how impactful it can be to have a mentor recognise your inherent worth and walk alongside you in helping you navigate the difficult situations, experiences and emotions associated with high school, mental health and growing up more generally. I truly believe that giving students the opportunity to experience relational safety with their mentors and feel seen, heard and supported is invaluable, especially considering the consistently high stress and mental health challenges that young people are facing.


Zali

YAC Member





**"This program has taught
me how to be me."**
- 2024 Raise Mentee



"I feel relieved and safer at school. I can share my positive and negative emotions well with loved ones and friends. More people should be a part of this mentoring program and get the help they need with Raise."

– 2024 Raise Mentee

Impact summary

Raise mentoring programs achieved statistically significant impact for the whole cohort in all 4 key outcome areas – help seeking, resilience, hope for the future and school belonging.

Highlights of 2024



85%
of mentees improved in
at least one of our four
key outcome areas



80%
of parents/carers saw
improvement in their
child due to mentoring



100%
of schools saw
improvement in their
cohort



97%
of mentees
felt safe talking
to their mentor



97%
of mentees enjoyed the
program



74%
said mentoring helped
them with mental health
or personal issues



98%
of mentors felt
a sense of contribution
to their community



98%
of student mentors
feel more equipped to
gain employment



93%
of corporate mentors feel
more confident to support
wellbeing of others at work

As heard directly from Raise mentees, mentoring is...

a place where you can speak your mind,
grow mentally and enjoy communication
with people around you

a safe space to chat and gain advice on life
from trusted adults

a life changing experience

super amazingly awesome

guiding others to a successful future

helping young people get heard

a place to be yourself and talk about your
whole week, and talking helps you feel better

fun, great to talk to someone
with lots of life experience

learning life lessons and talking to mentor
about daily things that happened

listening, understanding
without judgement and
just being there for people
a worthwhile experience

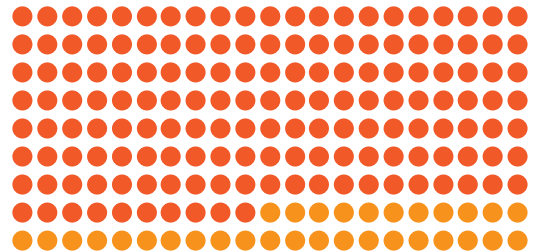
a great program for
building confidence



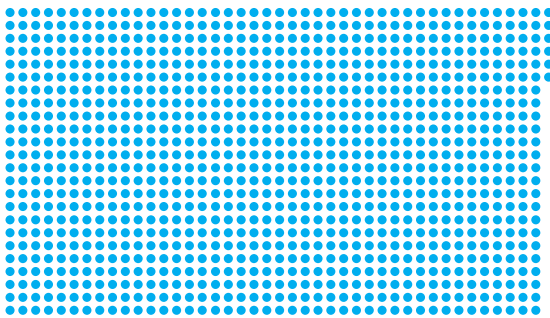
Our year in numbers



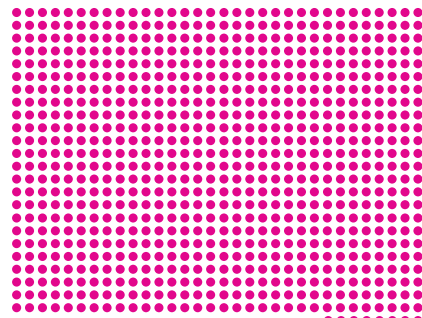
189
programs
across
173 schools



157 x 20 week 32 x 10 week



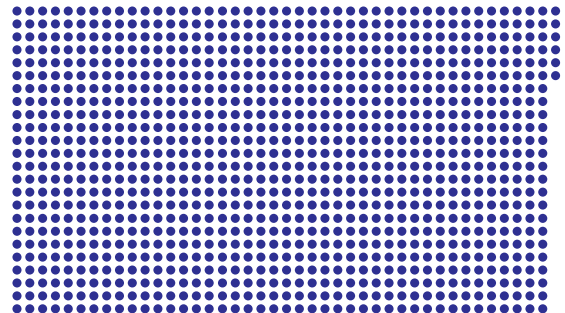
2,546
mentees



1,938
mentors



173
School
communities



2,546
mentee
families

Rigorous evaluation proves and improves our impact

How is data collected?

Each year we conduct a rigorous evaluation via robust surveys, interviews, and focus groups with:



How will the data be used?

The data we've collected gives us a clear understanding of how successful our program was in 2024. We use our learnings as a roadmap to improve our program not just for mentees, but volunteer mentors and school partners as well.

Our evaluation process enables us to:

**Measure the impact
of the program**

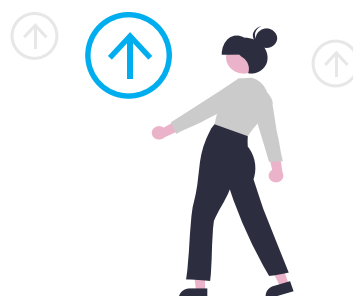
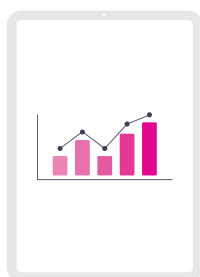
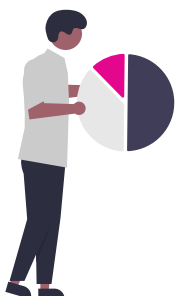


on the outcome areas
identified in our
Theory of Change

**Improve the impact
of the program**



by using the
experiences of participants
to inform our continuous
improvement



How we deliver our programs

Every Raise program is supervised by a degree qualified Program Counsellor to facilitate programs and provide professional supervision and support to mentees and mentors.

20 week program



- Weekly face to face sessions on site at the school or online
- 20 weekly sessions in term time
- 1:1 or 1:2 mentoring matches
- Session topics are tailored to the program cohort, with four compulsory* sessions

Curriculum sessions

Student/ mentee/ mentor information sessions

Jitters workshop*

Meet – getting to know each other*†

Match – matching*†

Identity – who am I?

Me – my strengths

Self-talk – my thoughts

Help – where, who and how to get there

Support – my support map

Courage – building resilience

Connect – catching up

Friend – relationship skills

Making friends – relationship skills

Stand up – assertive rights, my skills

Risk – my choices

Flip – my turn

Managing stress – looking after myself

Community – my place

School – my learning

Ask – reaching out

Future – looking ahead

Reflect – my progress

Hope – my future

Review – how far I've come*

Graduate – celebrate and party*

Gift of Goodbye – final farewell

10 week program



- Weekly face to face sessions on site at the school
- 10 weekly sessions in term time
- Small group mentoring (up to 1:4)
- No optional sessions

Curriculum sessions

Match

Challenges and barriers to help-seeking

Overcoming barriers

Support

Practice

Building you

Fill your bucket

I am amazing

Future

Launch

Asking for help

Resilience

Hope for the future

School belonging

Match relationship

Program set up/ close

† Either Meet or Match session is compulsory, not both

Our outcomes framework



Equipping young people with the right tools

We can't remove the barriers and challenges that young people face – what we can do is equip, inspire and empower.

Equip them with skills and resources to support their own mental health and wellbeing.

Inspire and foster engagement with school and learning.

Empower them, giving them hope for the future.

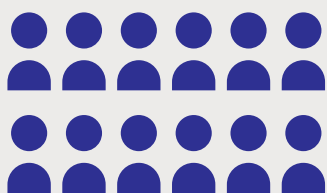
Mentees can use and further develop these skills and tools long after the program finishes – equipped to tackle whatever life throws at them.



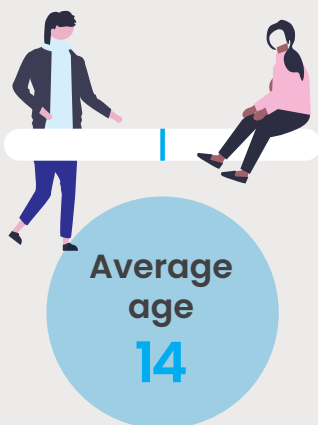
Meet the 2024 Raise mentees

Raise mentees come from a range of backgrounds and experiences, and we work hard to make our mentoring program inclusive and suitable for all young people.

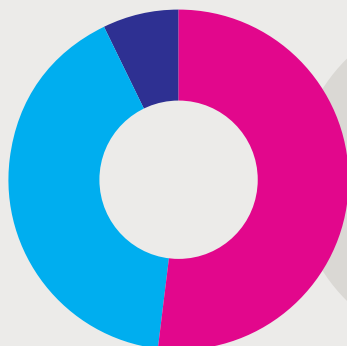
In 2024 we...



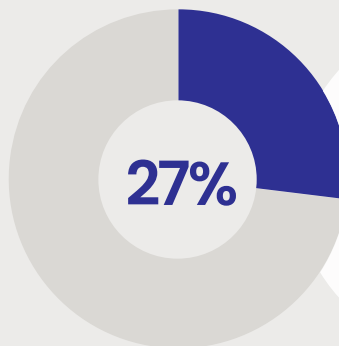
Mentored
2,546
young people



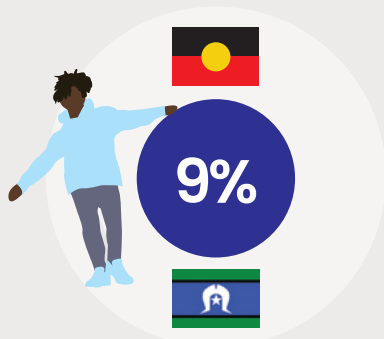
Majority were in
years **8 and 9**
at high school



51% female
42% male
7%
another option
including
non-binary



Speak a
language other
than English
at home



Identify as Aboriginal
or Torres Strait
Islander people



are people
with
disability



born
outside of
Australia

39% of mentees look after a family or friend due to disability or mental health issue

Listening to our mentees

What mentees wanted from mentoring:

72% A space to be able to talk openly and be listened to

59% Advice and guidance from their mentor

56% Help to get through school

49% Help with their future

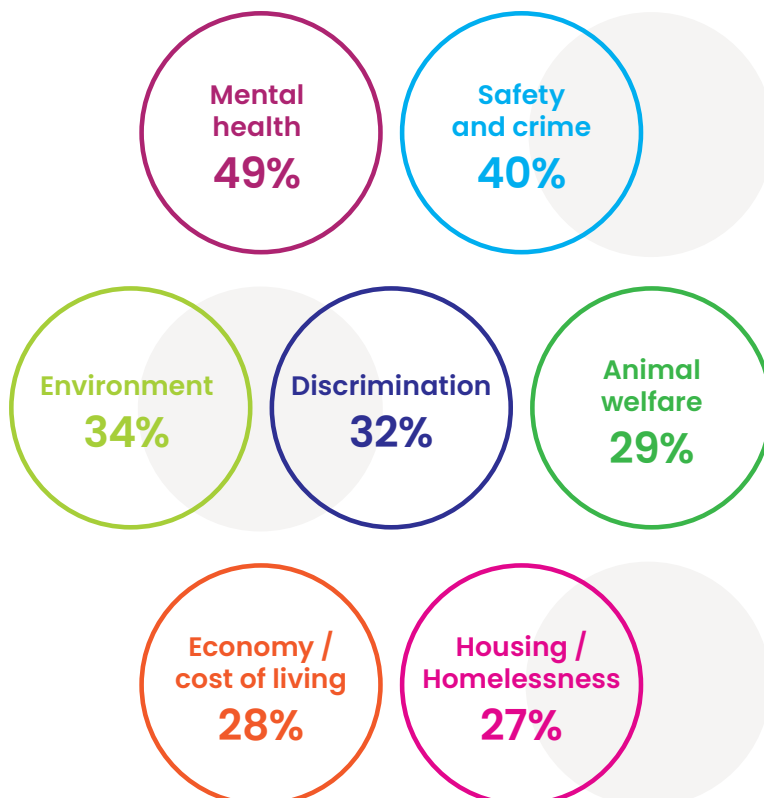
46% Help with friendships/other relationships

46% Help with their mental health

Skills:

★ Confidence 59% ★ Communication 55% ★ Coping with challenges/ stress 54%
★ Social skills 50% ★ Self-care 44% ★ Getting a job 43% ★ Help seeking 43%

Current Issues of most concern to mentees:



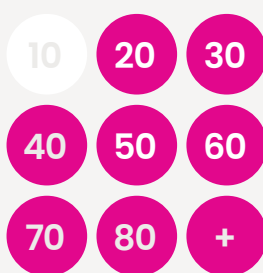
Meet our 2024 Raise volunteer mentors

Raise mentors come from a wide range of backgrounds, bringing a depth of expertise and experiences to the role.

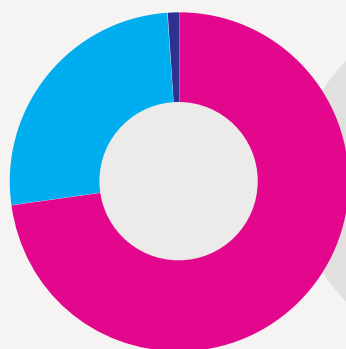
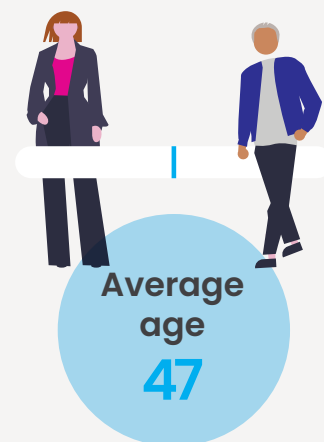
1,938 volunteers signed up to mentor a young person



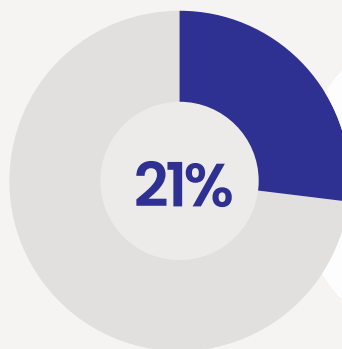
born
outside of
Australia



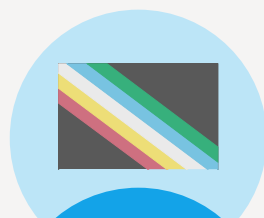
Ranged from
20 to 80+
years old



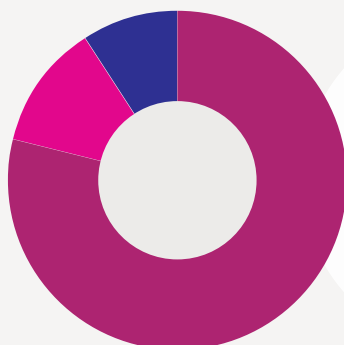
73% female
26% male
1%
another option
including
non-binary



21%
speak a
language other
than English
at home



3%
are people
with
disability



Mentor
through
Community
79%
Place of study
12%
Place of work
9%



8%
identify as
part of the
LGBTQIA+
community

Reasons for mentoring

Mentors volunteer with Raise for a variety of reasons

92% to make a difference in a young person's life

85% to give back to the community

63% to feel a sense of purpose

And for mentors who volunteer through their place of study

77% to learn skills to help them in the workforce

59% to improve their mental health knowledge

57% to improve their listening and communication skills

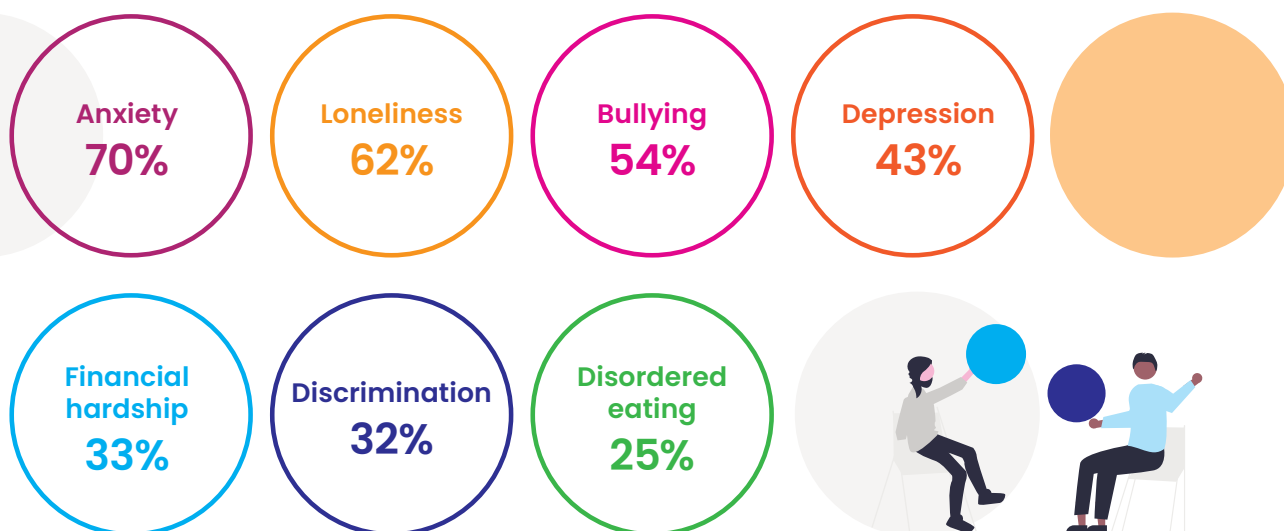
"I would like to mentor a young person because I think young people are so full of potential! It is so rewarding to see a young person be true to themselves and their values when they are faced with so many external pressures. I would also like to be someone that they can count on. Who shows up. Who listens and respects them and empathises with their challenges. Who shows them unconditional positive regard, no matter what they may be expressing."

- 2024 Raise Mentor



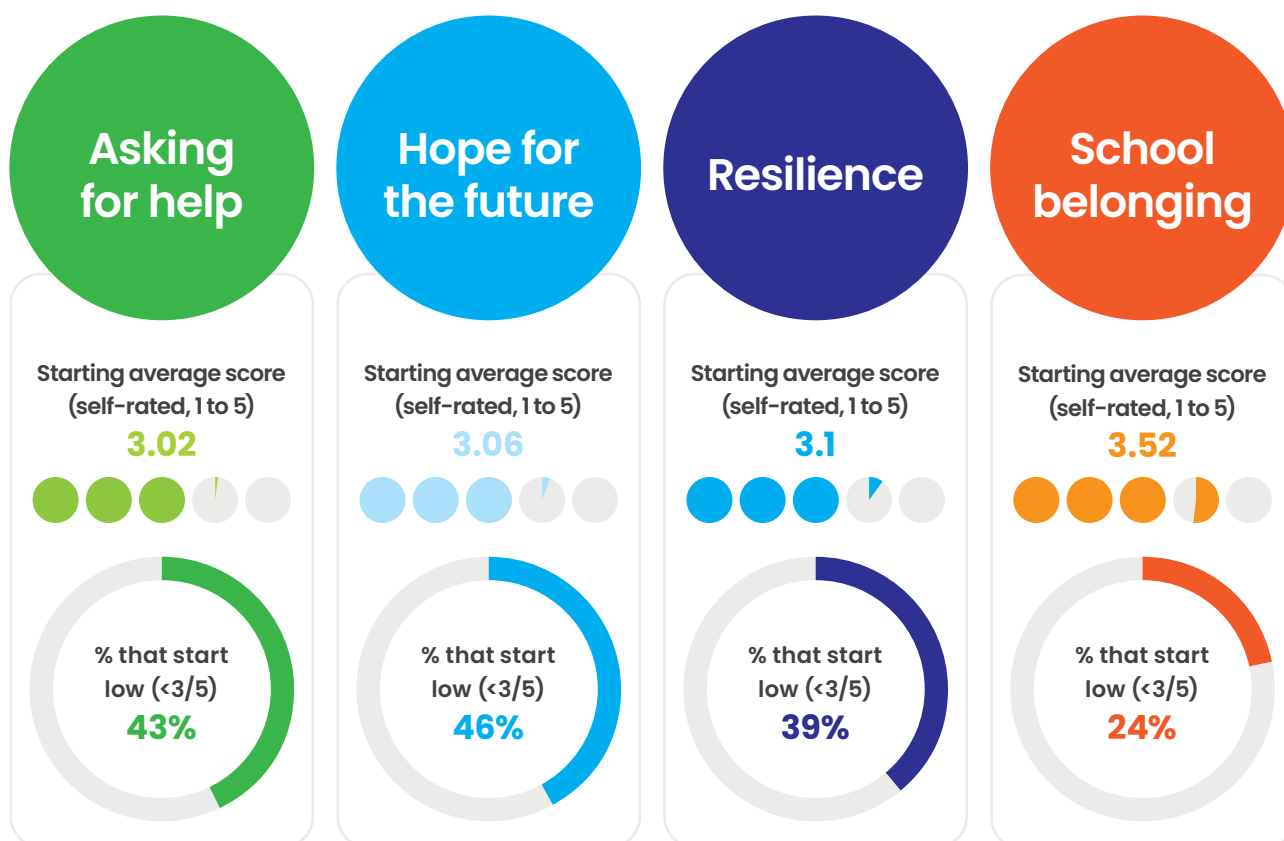
Mentees came with a range of challenges


Self-reported mental health or personal issues:



84% of mentees had experienced at least one of these issues


Baseline figures:



A photograph of a man with grey hair and a young man with brown curly hair, both smiling and looking down at something they are holding together. The man is wearing a blue button-down shirt and a lanyard with a 'raise' logo. The young man is wearing a blue polo shirt. They are sitting at a wooden table outdoors. A large light blue circle is overlaid on the bottom right of the image, containing a quote.

"I loved just being able to talk to someone outside of my family or friends, and being able to talk about anything."

- 2024 Raise Mentee



"I think my connection with my mentor is excellent because it feels normal when we talk each week and we usually talk about our week with each other. When I first met my mentor it felt weird and awkward but now It doesn't."

– 2024 Raise Mentee

Creating safe and engaging spaces for young people

97%
of mentees felt
safe talking to
their mentor

97%
of mentees
felt supported
by their Raise
Program
Counsellor

90%
of mentees rated
their connection
with their mentor
as favourable
(excellent or
very good)

84%
of mentees
felt safe in their
mentoring group



84%
of mentors rated
their connection
with their mentee
as favourable
(excellent or
very good)

Focusing on our four key outcome areas

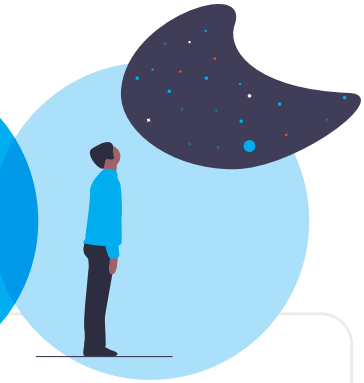
Asking for help



Mental Health Support

Young people are the least likely of any age group to seek help. Through mentoring, young people have more capability to ask for help and a stronger likelihood of accepting it. They develop trust in adults, improve communication skills, and can find support and resources.

Hope for future



Social and Emotional Wellbeing

With higher levels of hope, young people improve socially and academically. They are able to set and achieve goals, and develop a growth mindset with mentor support. Hope is a buffer against stress, anxiety and suicide ideation.

Resilience



Social and Emotional Wellbeing

Mentoring improves a young person's ability to bounce back after stress and enhances recovery. Mentors help young people to increase confidence, adapt to new situations, develop coping skills to deal with adversity, and overcome challenges.

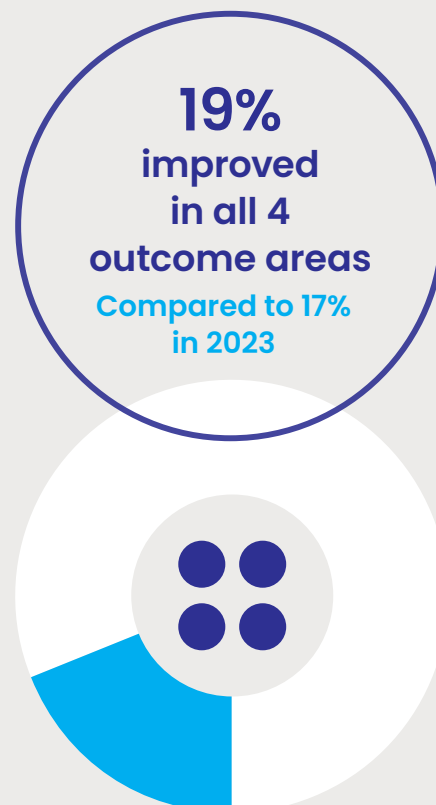
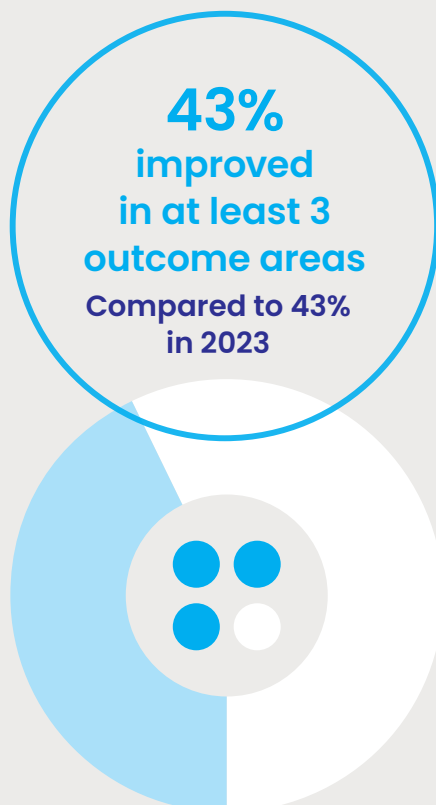
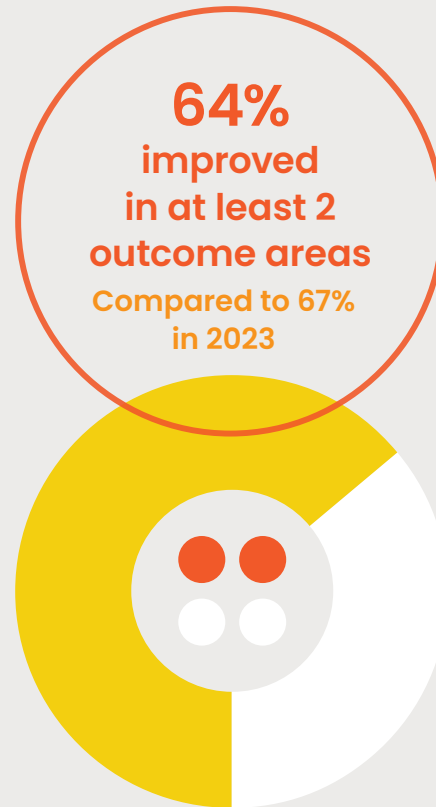
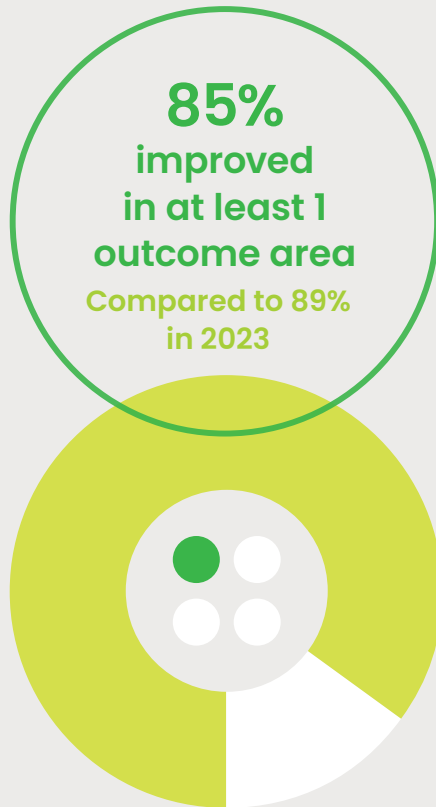
School belonging



School Engagement

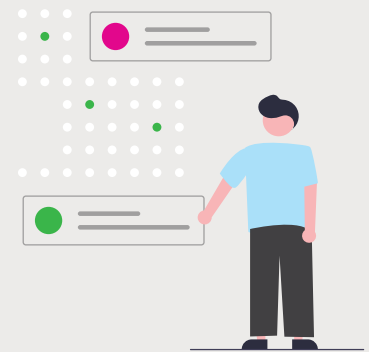
Through mentoring, young people improve their relationship with peers and teachers. Mentees attend school more, resulting in increased grades, higher school completion rates, stronger academic confidence and better economic outcomes.

Delivering key outcomes in 2024



Statistically significant impact on mentee outcomes

| Mentee outcomes | 20 week program | 10 week program |
|--|-----------------|-----------------|
| Ability to ask for help | ✓ | ✓ |
| Ability to trust adults who can help | ✓ | ✓ |
| Knowledge of where to seek help | ✓ | ✓ |
| Number of supports they can turn to for help | ✓ | ✓ |
| Communication skills | ✓ | ✓ |
| Having someone to go to if feeling lonely | ✓ | ✓ |
| Hope for the future | ✓ | ✓ |
| Ability to set goals | ✓ | ✓ |
| Ability to achieve your goals | ✓ | ✓ |
| Belief that they are useful | ✓ | ✗ |
| Resilience | ✓ | ✓ |
| Confidence | ✓ | ✓ |
| Belief in their ability to cope | ✓ | ✓ |
| Perseverance (Growth mindset) | ✓ | ✓ |
| School belonging | ✓ | ✗ |
| Belief in their ability finish school | ✓ | ✗ |



"The best thing about the program is, coming every week and having a good time with my mentor. I always look forward to coming because it's a safe place, I feel like I belong, and I always enjoy it."

- 2024 Raise Mentee

Areas of improvement for mentees

96% identified improvement due to the program, which might look like...

1 in 2



54% communication skills improved

53% feel more confident

2 in 5



45% feel better about the future

43% feel better about myself

42% feel able to make better choices

1 in 3

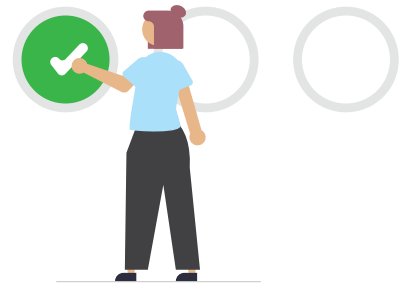


37% feel better about school

36% feel less lonely

34% mental health has improved

32% are more likely to help others



74% of mentees said the program helped with their personal issues

57%

set a goal

96%

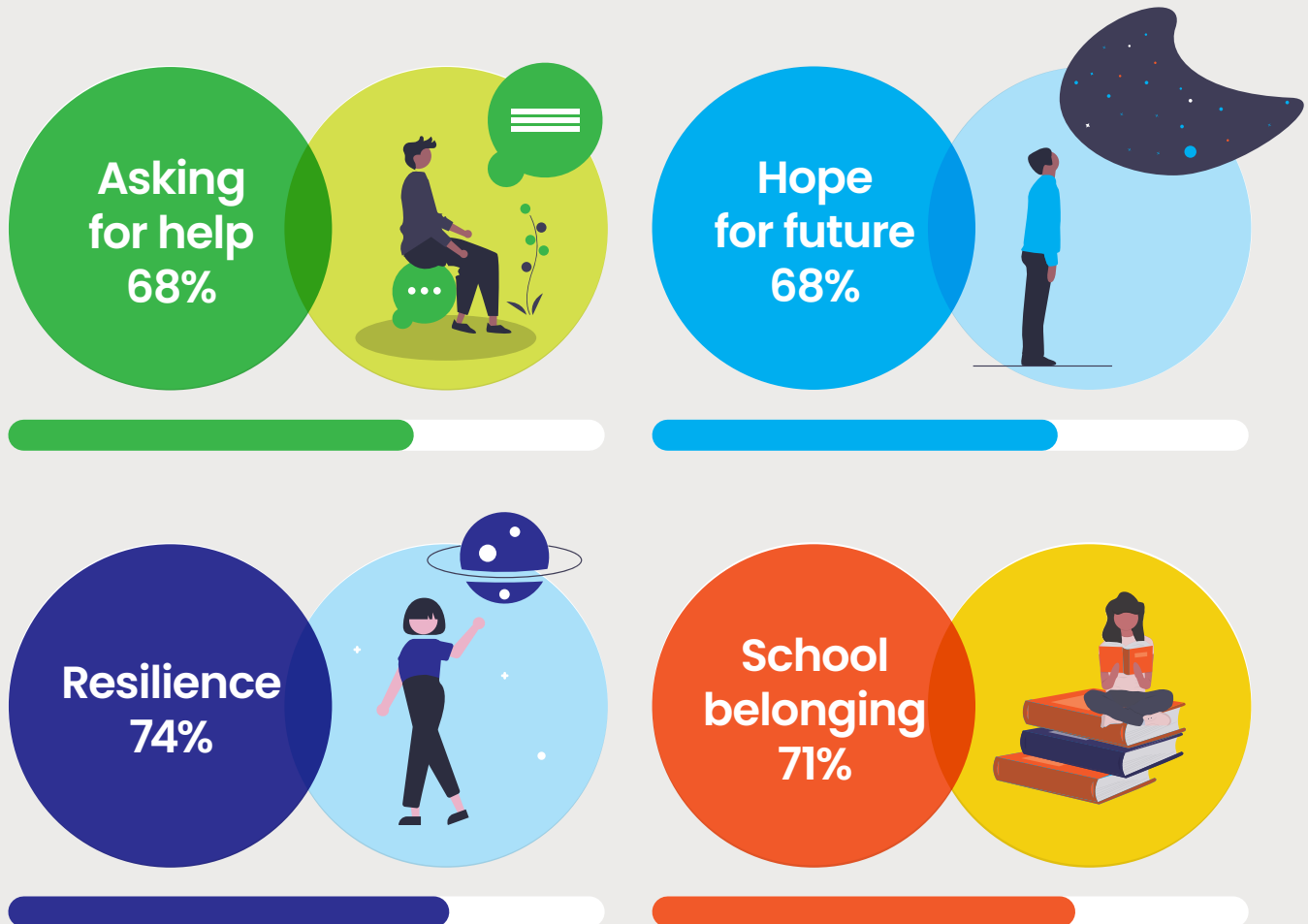
partly or fully
achieved that goal

"This program has helped me develop and build up confidence skills, social skills and other aspects that will help me later in life. This program has been much better than expected and I am glad that I chose to do this program."

- 2024 Raise Mentee

Improvements for mentees who need it most

Percentage of mentees who started the program reporting a low score in each outcome and improved in that outcome by the end of the program



76% of mentees starting with a low score in school belonging improved in at least one school outcome including:

Ability to get a job in the future 46%

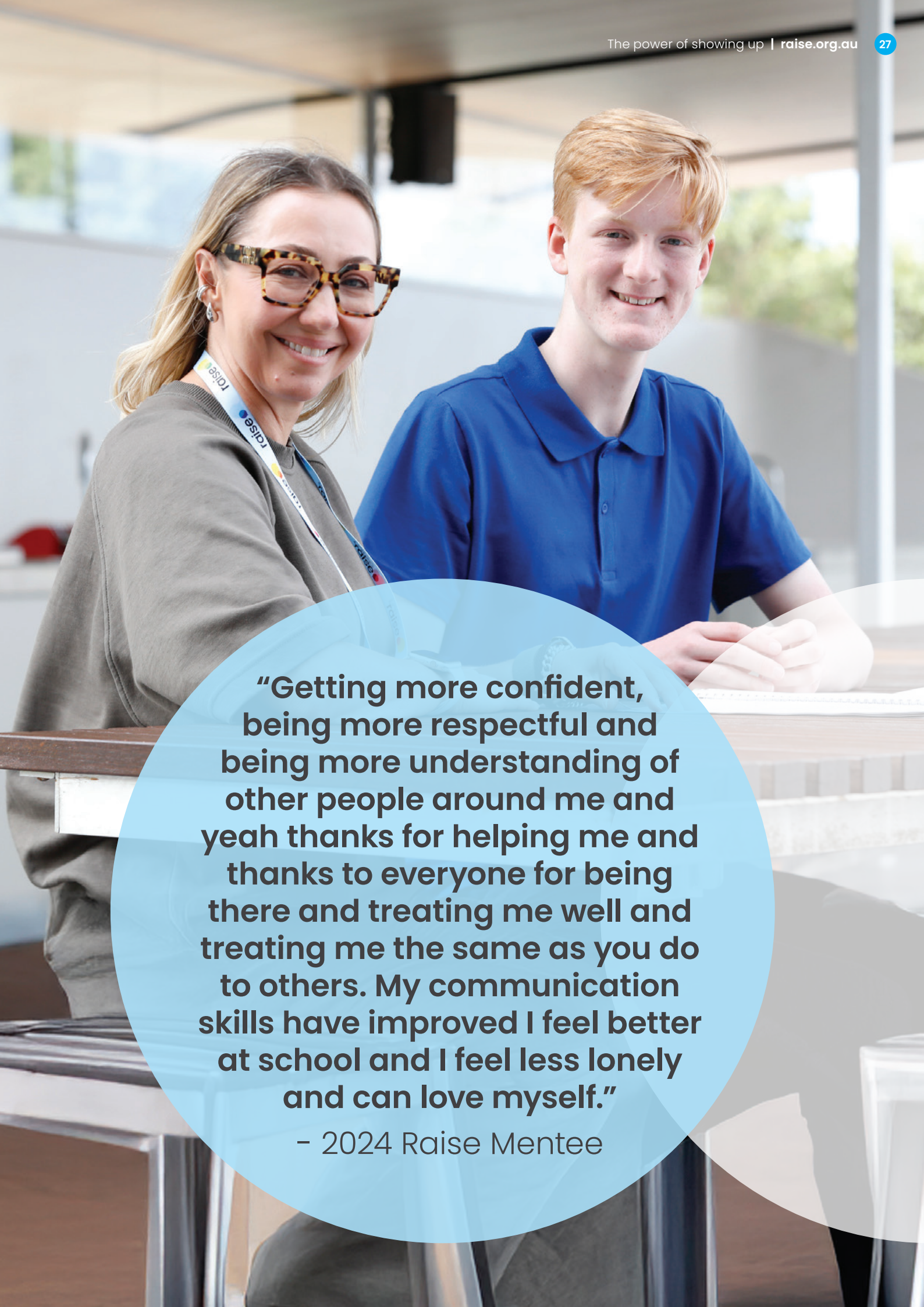
Getting along with friends 46%

Attendance at school 36%

Getting along with other students at school 33%

School Grades 32%

Getting along with teachers 30%



**“Getting more confident,
being more respectful and
being more understanding of
other people around me and
yeah thanks for helping me and
thanks to everyone for being
there and treating me well and
treating me the same as you do
to others. My communication
skills have improved I feel better
at school and I feel less lonely
and can love myself.”**

– 2024 Raise Mentee

The changes others see

Asking
for help

Hope for
the future

Resilience

School
belonging

80% of parents saw an improvement in their child – including:

confidence **47%**

better relationship with others **42%**

96% of mentors saw an improvement – including:

communication **79%**

hope for the future **79%**

100% of schools identified improvement in the cohort – including:

student attendance **70%**

student behaviour **65%**

"I talked a lot with my mentor about these issues I had, in our conversations she doesn't only listen but also found out my potential issues that I did not realise. And gave me emotional support at the same time."

– 2024 Raise Mentee



Mentors noticed

"Nervous and very reserved at the start of the 2024 program. As the weekly mentoring sessions progressed, my mentee's level of confidence and communication skills started to improve significantly. His graduation speech reflected self confidence and his appreciation of the program."



Schools noticed

"I have noticed an improvement in the students' confidence overall, as well as peer connections. As a side note, our school is hoping to run a peer mentoring program this term and has asked for students to complete a sign up sheet. Two-thirds of our Raise Students volunteered, with most making reference to Raise Mentoring and how it helped improve their confidence."



Parents noticed

"More confident and seems to understand the value of attending and participating in school. Also got a more thorough understanding that life isn't a straight path and it's okay to explore other directions and try new things. I feel that he's more resilient, more open and better able to communicate what he's feeling and struggling with."



Graduation and mentee perspectives

One of the key milestones of the Raise mentoring program is Graduation, a significant event where our mentees get to celebrate their journey and achievements. During Graduation, mentees and mentors are invited to reflect on their personal experience. It serves not only as an acknowledgment of their commitment and hard work but also as a springboard to future success, providing mentees with confidence and mentors with connection.

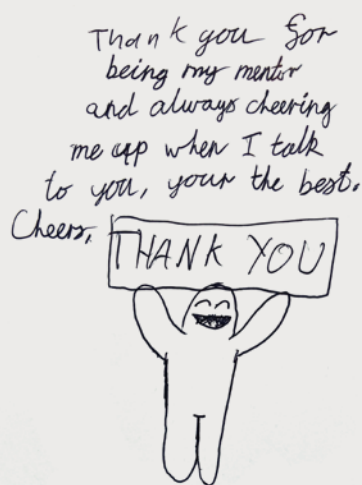
This year we held our first Raise REimagined competition, inviting young people in our mentoring programs to creatively express their personal journey with Raise. Participants were encouraged to share their experiences through a drawing, artwork, poem, or any creative piece that captured the impact of mentorship in their lives.

This competition celebrated the unique voices and perspectives of the young people we serve, giving them an opportunity to reflect on how mentorship has helped them grow, overcome challenges, and thrive.

Submissions showcased their creativity, courage, and individuality, highlighting the transformative power of connection and guidance.

The competition not only empowered young participants but also gave our community a glimpse into the meaningful relationships built through Raise. By reimagining their mentoring journey, these young individuals reminded us of the profound impact mentorship can have in shaping brighter futures.

Below, top row: *Thank you* messages from mentees.
And bottom row: *Raise REimagined* entries.



thank you for all
you have done
to help me talk
to someone it has
helped my mental
health by a larger
margin then
before. wish i said
thank you





86%
Match
retention
rate

98%
of mentors
enjoyed the program
and would
recommend
to a friend

99%
Schools were
satisfied with the
program

97%
of mentees
enjoyed the
program

94%
of mentees would
recommend
to a friend

91%
of mentees
liked the group
activities



90%
of parents were
happy their child
participated

82%
of mentees
liked the
handbook
activities

Our industry leading training delivers high quality mentors

98%

of mentors
rated training
as excellent or
very good

94%

of mentors said
training had
prepared them
for their role

93%

of mentors felt
their Program
Counsellor
provided them
with useful
advice

Training provides mentors with additional skills

97% felt knowledge and skills had increased

97% confidence to mentor significantly increased

95% learnt skills they could apply in personal relationships

97% of placement students said training complemented their studies



"I found the training very helpful, it delved deeper into a lot of the concepts that I was not clear about. I felt as if it incorporated a good balance of theory and practical elements."

- 2024 Raise Mentor

The impact for mentors

New mentors saw **statistically significant improvements** in their:

Empathy for
young people

Understanding
of **youth**
issues

Confidence
in their ability
to mentor a young
person outside
of Raise

Outcomes for all mentors

98% Felt a sense of contribution to their community

97% Felt a sense of purpose

96% Felt they made a difference in young person's life

95% Are more likely to volunteer

94% Have improved their listening and communication skills

90% Felt more connected to their community

90% Have more empathy for others

81% of new mentors have had the opportunity to use their new skills



How Raise equips Australia's workforce of the future

Almost 12% of mentors volunteer with Raise as part of a student placement for their university course and some outcomes they experience include:



"I feel like I have a much better understanding of some of the challenges the youth of today are facing. I also feel more confident in my mentoring abilities and I also feel inspired by my mentee who is an incredible young person."

- 2024 Raise Mentor

The ripple effect on corporate partners...

9% of mentors volunteer with Raise through their workplaces, who partner with Raise as part of their corporate social responsibility (CSR), Environmental, Social and Governance (ESG) or community involvement strategy.

Organisations who partner with Raise benefit from a decrease in employee turnover and an increase in employee engagement and commitment.

Benefits that Raise corporate mentors experience include

94% feel a sense of pride in their employer for partnering with Raise

93% able to confidently support wellbeing in the workplace

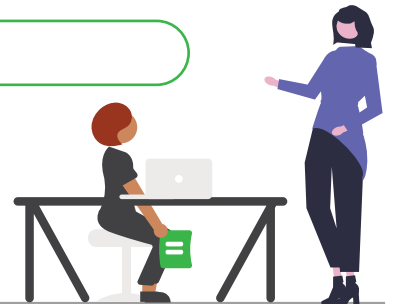
92% more confident in creating safe and inclusive environment

90% are able to apply mentoring skills in their workplace

87% have improved their leadership skills

79% are more likely to stay with current employer

69% have increased networks in their organisation



"Schneider Electric is proud to partner with Raise Foundation and offer these volunteering opportunities to our team. Our mentors love the opportunity to make a difference in their local communities and develop skills to support young people and others. We value the professionalism all the way through from training to delivering programs – as well as the commitment to purpose from the whole team."

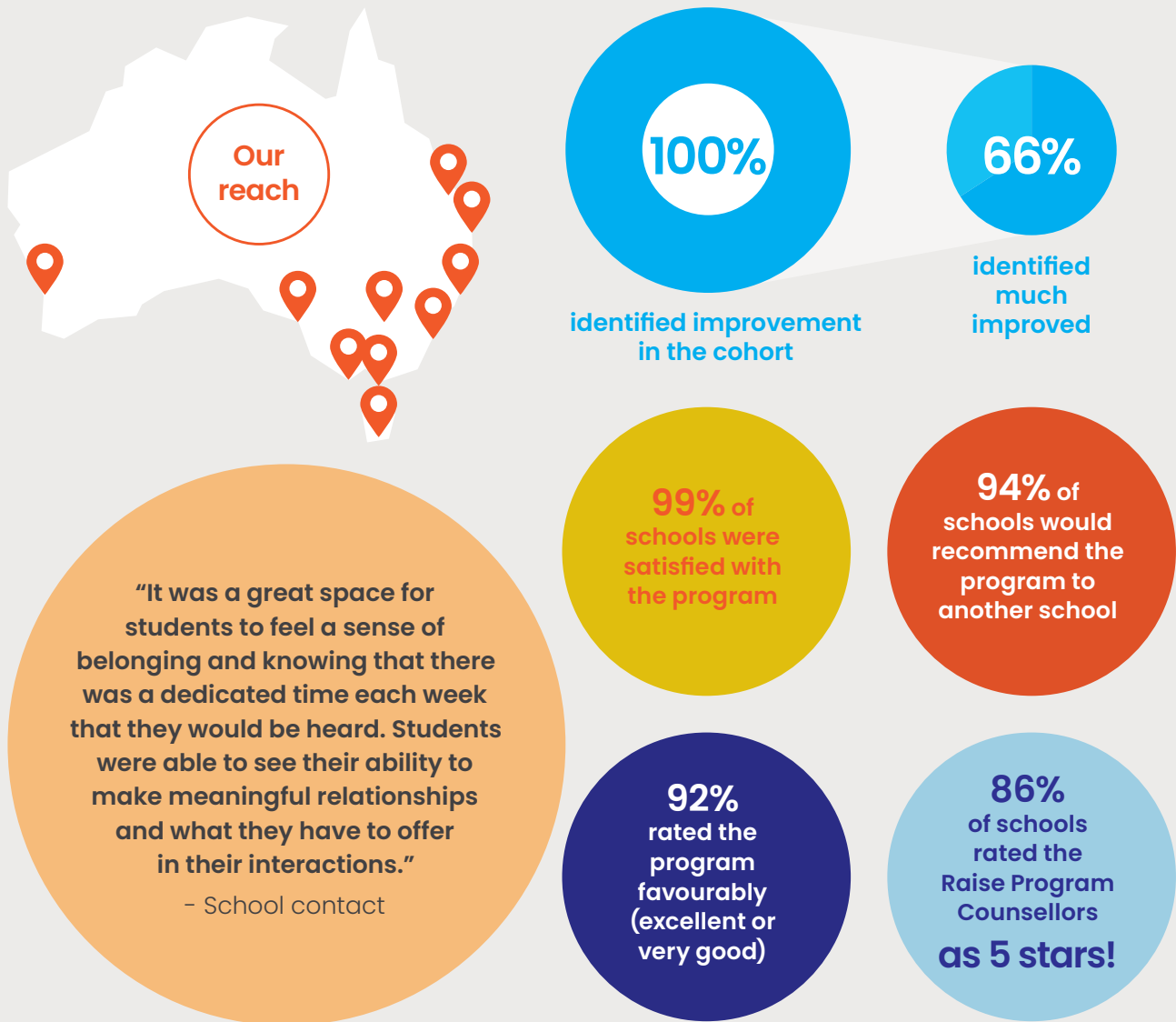
– Schneider Electric

"It has 're-opened' my eyes to how I have changed from a young adult to now. Understanding the different stress levels or triggers other can have can take a great toll on someone. Putting that into perspective at work and with friends, I am more empathetic, understanding and wanting to see the full picture to give advice as there may not always be one end solution."

– 2024 Corporate Mentor

Collaborating with schools across Australia

This year, we partnered with 173 schools across New South Wales, Victoria, Queensland, Western Australia, South Australia, Tasmania and the Australian Capital Territory.



Shaping communities, far and wide

School staff, parents and carers of the mentees also reported experiencing positive outcomes – the widespread ripple effect of mentoring. Outcomes experienced at the wider school level include:

94% helping build individual and collective wellbeing at the school

89% encouraging student engagement with school

71% supporting the wellbeing team at the school



"I have the opportunity to see first hand, the impact of the program on the students who get to participate. Often starting the program not knowing one another. They develop a level of respect and support for one another. Their ability to access support when they are upset and the skills to talk through their issues with support staff within the school. I have seen students who would previously 'blow up' in a classroom, remove themselves and access the Wellbeing Team to talk thorough their concern. Often coming to a happy resolution, developing the confidence to manage their feelings with the knowledge that there is a trusted community of people to assist."

- 2024 School contact

Independent evaluation

In 2024, the University of Melbourne and the Social Outcomes Lab finalised the independent evaluations of the impact of Raise Youth Mentoring.



Access the report by scanning the QR code ▶



The evaluations were funded by the Australian Government.

The Independent Outcome evaluation compared the outcomes for young people in the Raise Youth Mentoring program to a matched control group of other young people.

The evaluation found that Raise Youth Mentoring caused positive outcomes across the domains of help seeking, resilience, hope for the future and school engagement.

This means that young people have better outcomes than other similar young people after six months of Raise Youth Mentoring (see opposite page, top).

The Independent Economic evaluation calculated a Social Return on Investment (SROI) of Raise Youth Mentoring. The SROI was calculated by measuring the program costs and the expected benefits to our community. The evaluation found that Raise Youth Mentoring returns \$4.37 in social benefits for every \$1 invested (see opposite page, below).

We are grateful for the support from the Evaluation Advisory Group members who provided advice and review for the evaluations from design through to completion.

Raise Evaluation Advisory Group members



Alyssa Milton,
University
of Sydney



Amara Bains,
ARACY



Ariella Meltzer,
Centre for
Social Impact



Azhar Potia,
University of
Queensland



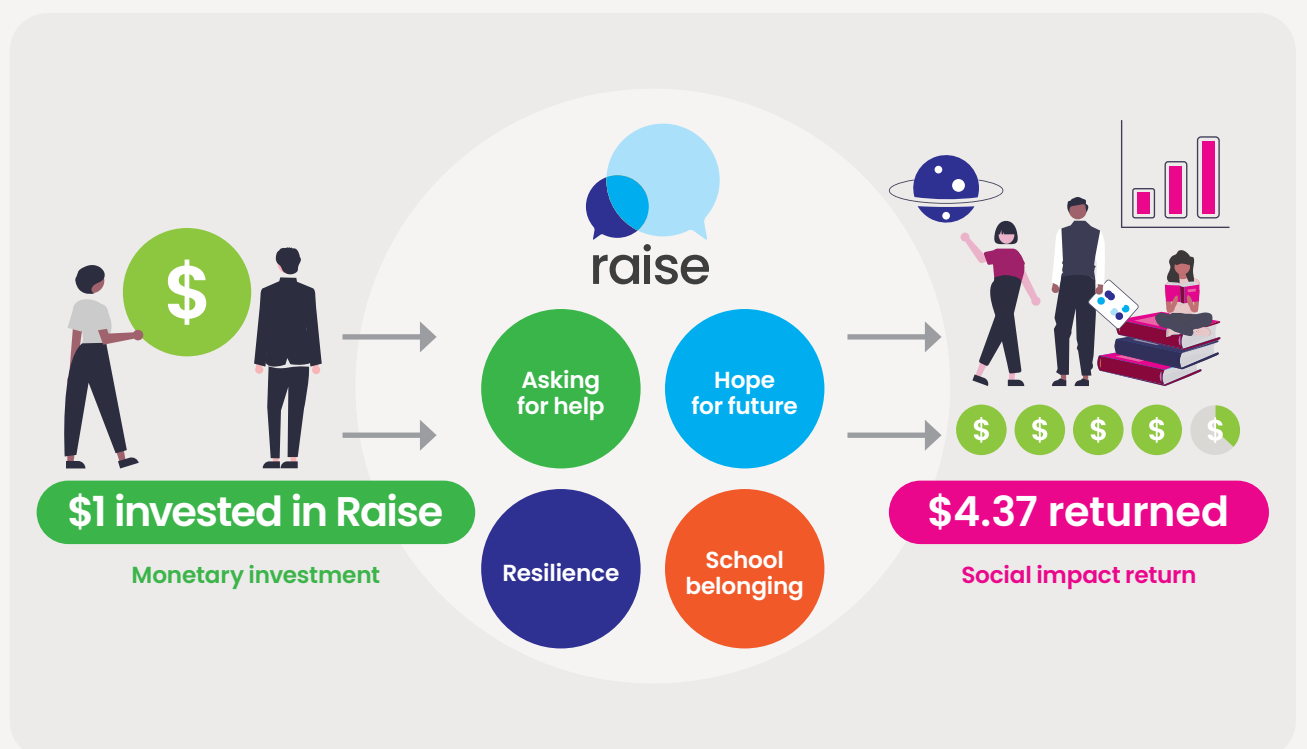
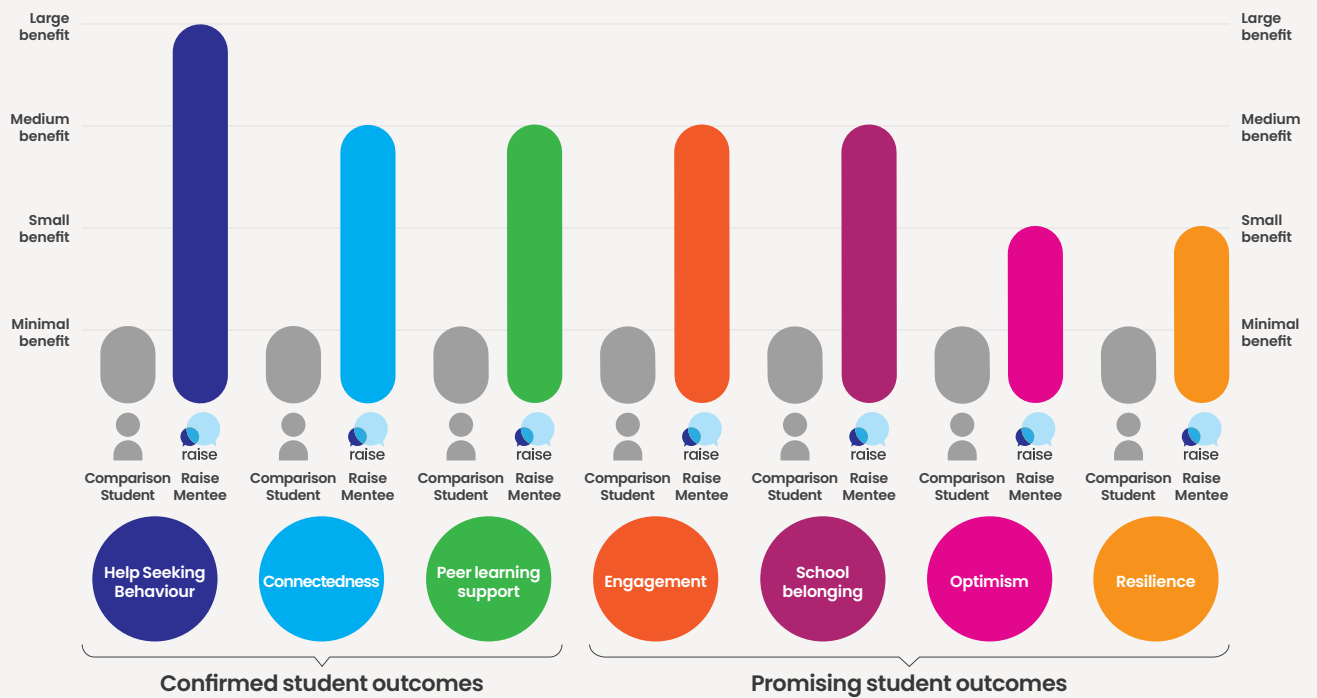
Marisa Coppinger,
Australian
Government



Raise Mentoring Program Findings



The outcomes evaluation of the Raise Mentoring Program was conducted by the **University of Melbourne**, Australia's highest ranked university. This marks the first time an independent body has evaluated the program.



The Raise impact over time

| Outcome | Measure | 2024 | 2023 | 2022 | 2021 | 2020 |
|---|----------------------------------|------|------|-------|------|-------|
| Enjoyed the program | Proportion | 97% | 97% | 99% | 97% | 98% |
| Things are different | Proportion | 75% | 77% | 77% | 78% | 79% |
| Asking for help | Statistically significant impact | Yes | Yes | Yes | Yes~ | N/A |
| | Effect size | 0.39 | 0.47 | 0.36 | 0.3~ | N/A |
| Resilience | Statistically significant impact | Yes | Yes | Yes | Yes | Yes~ |
| | Effect size | 0.34 | 0.16 | 0.24 | 0.1 | 0.32~ |
| Hope for the future | Statistically significant impact | Yes | Yes | Yes | Yes~ | Yes |
| | Effect size | 0.26 | 0.39 | 0.38 | 0.8~ | 0.18 |
| School belonging | Statistically significant impact | Yes | Yes | Yes~ | Yes~ | N/A |
| | Effect size | 0.19 | 0.27 | 0.81~ | 0.2~ | N/A |
| Rated their connection with their mentor as favourable (excellent or very good) | | 90 | 90 | 94 | | |
| Said mentoring helped them with mental health or personal issues | | 74% | 78% | 77% | 74% | |

Note 1: ~ For mentees who started with a low score at the start of the program

A note about the statistical methodology we use

We use a repeated-sample t-test (or paired t-test) methodology to determine whether any changes in outcomes between the pre-program measure and the post-program measure are statistically significant. We test at a 5 per cent level of significance.

To determine the threshold for the 'low starting score' cohorts for each outcome we use, where possible, accepted or recommended cutoff points. Where there are no recommended cutoff points (for example for Raise-designed measures) we have set cutoff points based on data characteristics and tested these using sensitivity analysis.



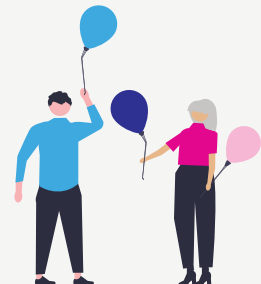
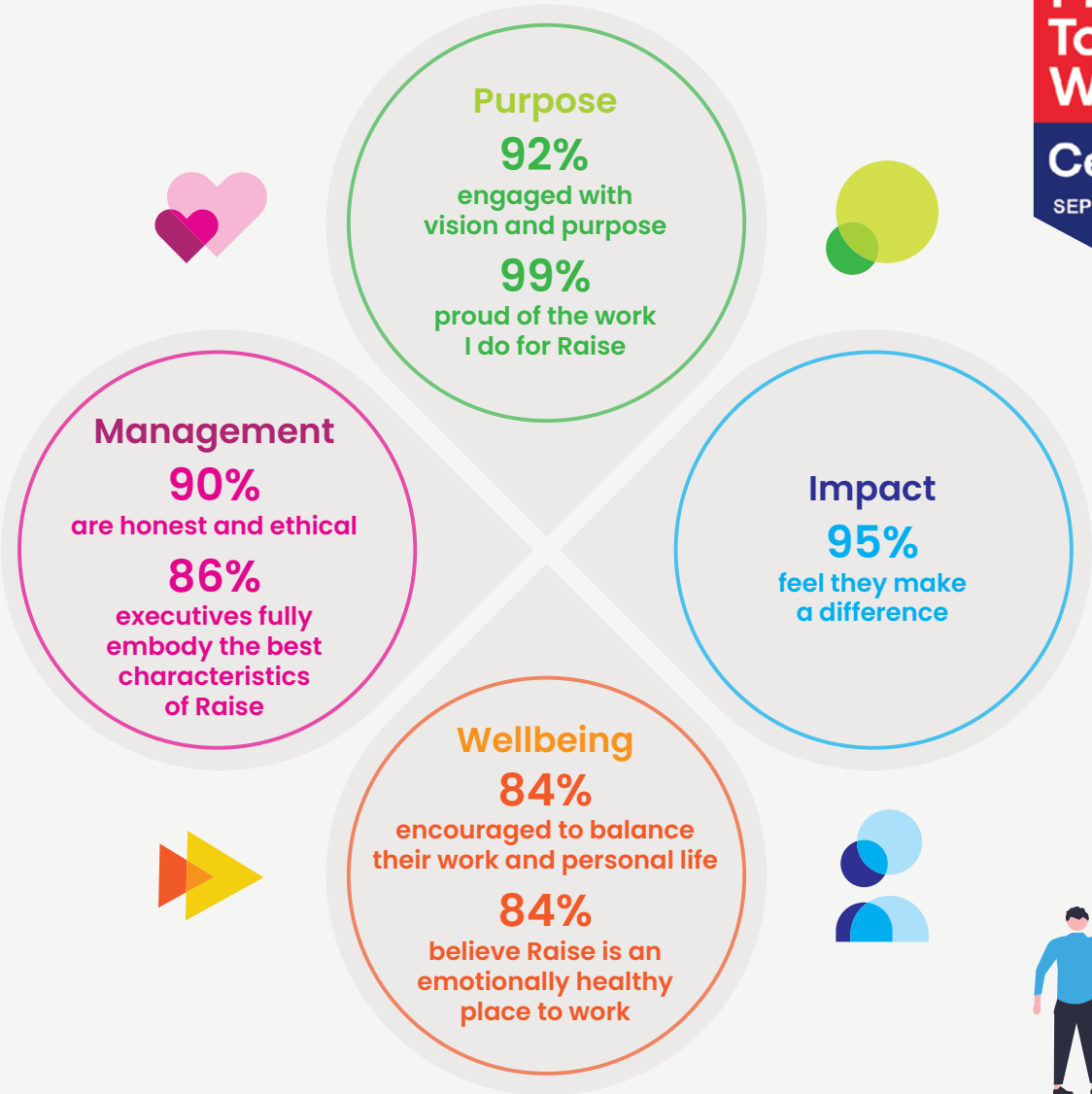
“My mentor was very understanding and reassured, my mentor also helped me understand how I can move on. My mentor also helped me realise that I had all the skills I needed I just didn't realise I had them.”

– 2024 Raise Mentee

Fostering a great place to work



In 2024 Raise participated in the Great Place to Work survey. Raise is proud to be certified as a Great Place to Work for 2024-25.



Thank you to our Raise Research Advisory Council

The Raise Research Advisory Council provides independent advice and guidance to support our research and evaluation strategy. We are grateful for the support of the RAC and for their commitment to Raise.



**Professor
Lucas Walsh**

As director of the Monash Centre for Youth Policy and Education Practice, Lucas is passionate about supporting young people to have the best opportunities to thrive. Mentoring is a powerful way of supporting young people – especially those in need.



**Penny
Dakin**

Penny is the Executive Director, Communities for Minderoo Foundation. She is a change maker and systems thinker. Penny's primary focus is on child & youth wellbeing; she supports Raise because of its understanding that all aspects of a young person's experience are interconnected and can potentially impact on individual mental health outcomes.



**Rachel
Christie**

Rachel is driven to inspire curiosity for evidence leading to actions that improve outcomes for people and communities in need. She supports Raise on the Research Advisory Council to contribute to the increased resilience and wellbeing of young people in Australia.



**Suzie
Riddell**

Suzie Riddell is the CEO of Social Ventures Australia. Suzie supports Raise because she believes that every young person in Australia deserves the opportunity to thrive, and the evidence shows that supportive mentoring relationships can help make that happen.



**Carolyn
Curtis**

Carolyn is an experienced CEO and Non-Executive Director, with 25 years of social policy and innovation experience. She is supporting Raise because of the need to move beyond professional service systems alone towards leveraging the wisdom, knowledge and infrastructure of our communities as a way of building more sustainable responses to our most pressing social issues.



**Anne
Hampshire**

Anne Hampshire is Head of Research and Advocacy at The Smith Family. She's passionate about working across organisations and sectors to create the conditions where all young people especially those in need, can flourish. Raise's early intervention approach resonates, as high quality mentoring can support young people's wellbeing, sense of belonging and confidence in a positive future.



Getting involved

2 easy ways to donate now

In response to supporting the vital services outlined in this Evaluation Report, you can make a donation online by scanning the QR code below or via EFT.

Via EFT

Account: Westpac Bank BSB: 032 097

Account number: 278 223

Payment reference: Your full name

To receive a receipt for donations via bank transfer, please email donations@raise.org.au with your contact details and quote the payment reference.

By scanning
the QR code ▶



Stay in touch

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 youtube.com/user/RaiseMentoring

Mentor with us

 raise.org.au/mentor

I went to Raise a connection made.
A new confidence in me was laid.
Every week we talked and shared
so special knowing someone cared.
Each week we had a special treat
a new friend and mentor to meet.
Time in the sun working through the book
hiding away in a sunny nook.
This opportunity so special for me,
my future is bright I now can see.

– 2024 Raise REimagined Entry