



TOP 10 TIPS

Mentoring Youth By C. Nickson, Ph.D. and R.E. Martin

#1 "Lean On Me" – Your Vital Role

Remember, your role is to be a model and resource. Know your mentee's strengths and weaknesses and be capable of fostering their motivation toward a positive goal orientation. Most importantly, the mentor assists youngsters in navigating psychosocial dynamics with guidance that supports their decision-making process.

#2 When In Rome, Do As the Romans Do – Channel Your Inner Child

Effective mentors are capable of meeting a youth where they are, while maintaining high levels of appropriateness and professionalism. Communicate your values and boundaries openly and abide by them within your interactions. To be effective, mentors identify with the youth in order to interpret and apply positive adaptations and meaning to their lives.

#3 Crafting Pottery Requires Skill & Care, Forming A Child Is No Less Demanding – Knead The Clay Cautiously

Be honest, but Smart. There is such a thing as giving too much information. Make sure that your conversations meet the developmental level of the youth or carries an aspirational tone to the youth's developmental process. Be careful of what and how you disclose. Make your self-disclosure meaningful, purposeful, and to the benefit of your mentee.

#4 Man Doeth Not Live By Bread Alone – Ditto For Kiddos

Be a friend and have fun. Be their relief, a breath of fresh air, and their break from the rigorous nature of life. Allow them to fully express themselves openly while connecting their thoughts and feelings using your developmental maturity. Introduce new, exciting experiences that challenge their concept of "having fun" in developmentally appropriate ways.

#5 Time & Space Are Intertwined – Setting Boundaries Is Also A Fundamental Law

Model and teach healthy boundaries. Your mentee's personal boundaries will be different than your own. Thus, always address the mentee according to their developmental age. Your most powerful tool is being able to model healthy boundaries within social relationships. Social learning can be a great influencer on a youth's attitudes, and behavior developed over time.

#6 The Shepherd Sees The Stars – A Child Is Not A Lamb, But A Mentor Is A Shepherd

A mentor's task is to contribute to a mentee's ability to formulate a higher level of perspective in their interactions. Attend unto a youth by teaching and identifying principles and values that are easily recognizable. Discuss values and principles that you learned. Disrupt socialized myths, challenge peer influences, and share acceptance in culture.

#7 Knowing One's Self Is Divine & You Must Come First In Line

When encountering personal and professional conflicts, you must take care of your own first. A mentor can only give to a mentee what they have. Therefore, it is essential that the mentor encompasses high levels of self-awareness and effectively practices self-management strategies to mitigate personal distress and conflict or poor outcomes in mentoring practices.

#8 "Together Time" Should Be More Than "Appointment Time"

Be consistently present and check-in every now and then. While the importance of meeting your routine schedule and being fully present in the moment is foundational to the mentoring relationship, spontaneously checking in on the youth is essential to the youth formulating a personal integrity toward behavioral expectations and goal attachment.

#9 Time Can Bind Or Set Adrift – Maintain A Strong & Long Lifeline

Trust is fragile but submits to longevity when consistently accomplished. Therefore, maintain an active relationship with your mentee long-term. After a mentee is no longer within your direct supervision, keep in touch and know what is going on in their lives. A mentor's contribution can be developmental and lifelong.

#10 A Collaborative Cast Of Influencers

A mentor's mentee may be involved in a variety of activities. A mentor's duty is to understand the various roles their mentees are encountering and offer least resistance to the youth accomplishing their desired goal in each area. This requires that the mentor work collaboratively with the efforts of all contributors to the youth's goals' pursuit

EMERGENCY

In a crisis call "911" immediately

● If considering self-harm, call "988"

The National Suicide Intervention Lifeline

SEXUAL MISCONDUCT

To speak to a counselor,

Call (800) 656-4673

RAINN

BULLYING/HAZING, VIOLENCE, ADDICTIONS & SUBSTANCE ABUSE

For helpful resources,

thebmsproject.org/Safety

CHILD ABUSE

To report suspected child abuse,

Call (800) 422-4453

Childhelp National Child Abuse Hotline

It is recommended that incident(s) of serious misconduct be reported to law enforcement. Minors should report incidents of misconduct to their parent(s) or guardian(s).