



## BENEFITS OF MENTORING AND GUIDELINES

1. A mentor is a caring, adult friend who devotes time to a young person. Goal: *to help young people achieve their potential and discover their strengths.*
2. Mentors should understand they are not meant to replace a parent, guardian, or teacher. A mentor is not a disciplinarian or decision maker for a child. A mentor is part of a team of caring adults.
3. A mentor's main purpose is to help a young person define individual goals and find ways to achieve them. The mentor's job is to encourage the development of a flexible relationship that responds to both the mentor's and the young person's needs.
4. A mentor encourages positive choices, promotes high self-esteem, supports academic achievement, and introduces the young person to new ideas.

A Mentor may help a young person:

- Plan a project for school;
- Set career goals and start taking steps to realize them;
- Make healthy choices about day-to-day life, from sleep to exercise, time management, and beyond; and
- Think through a problem at home or school.

### **Mentor Guidelines**

#### **Do's**

- Do meet in person during the student's lunch period at their school, or meet virtually via the Mentor App, Zoom or Google Meets after school. Students CANNOT miss class due to mentor sessions.
- Register as a Volunteer on a school computer if mentoring in person at the student's school. (**mandatory**)
- Complete a Background Check via online before mentoring begins.
- Meet for at least 20 minutes every week.
- Sign in and out on school office computer as a volunteer.
- Wear the school printed name tag and Take Stock in Children Badge.
- Exchange contact information/Designate meeting day, time and location.
- Login your mentor sessions weekly via website at [www.takestockinchildren.org](http://www.takestockinchildren.org) or through the Mentor App.
- Keep lines of communication open with the Mentor Department.
- Contact Take Stock if you can no longer mentor.
- Keep Student's information confidential, as long as they are not planning on hurting themselves or others or any form of child abuse.

#### **Don'ts**

- Meet with your mentee outside of the school
- Transport your mentee in your vehicle
- Skip a meeting without notifying the student or school
- Lend or give money to your mentee
- Try to handle difficult issues on your own. Communicate consistently with Take Stock in Children staff and/or school officials.