



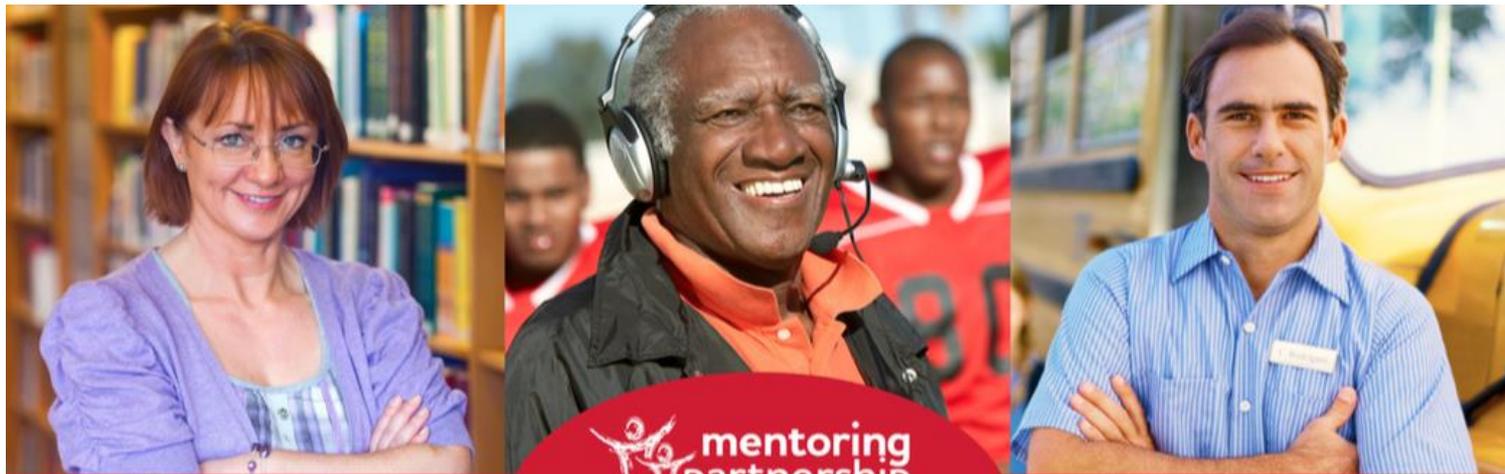
Everyday Mentoring:

Enhancing **Adult-Youth Relationships** within Your Programs

Everyday Mentoring Initiative

OUR VISION FOR EVERYDAY MENTORING IS:

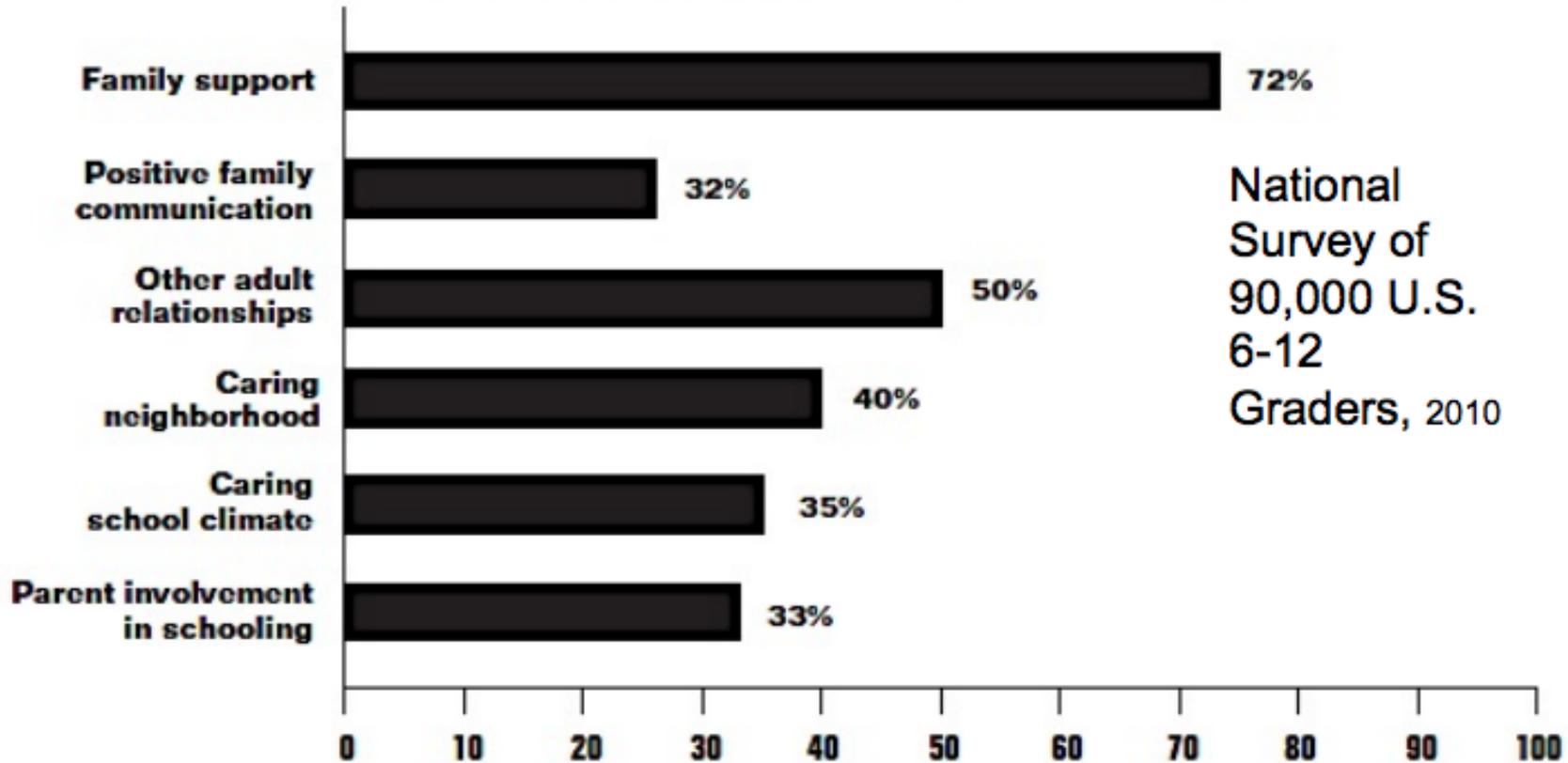
A healthy community that recognizes and supports the needs for caring adults in the lives of all young people.



Everyday Mentors because Every Day Matters

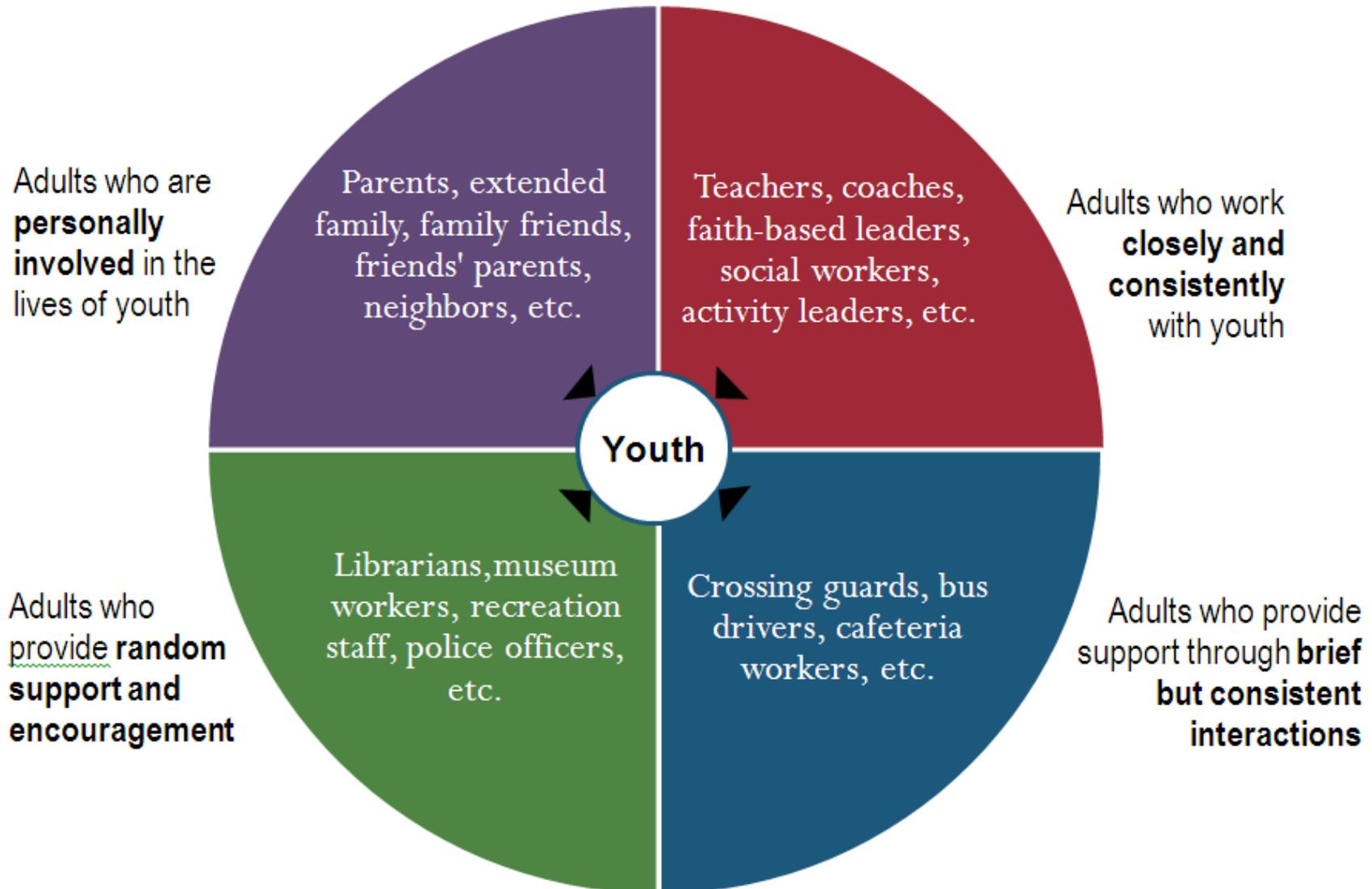
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What percent of **youth** say they have...?



Source: Benson, P.L., Scales, P.C., Roehlkepartain, E.C., & Leffort, N. A Fragile Foundation: The State of Developmental Assets among American Youth (Second Edition). Search Institute, 2011.

Who Are Everyday Mentors?





Everyday Mentors Training

A training to support and empower caring adults who work with youth throughout our community

The purpose of today's workshop is to:

- Discuss the importance of relationships in our interactions with youth
- Learn what it means to be a mentor
- Improve our relationship and communication skills with youth



What is a Mentor?



What Do **Mentors** Do?

Express CARE

Show that you like me and want the best for me.

CHALLENGE Growth

Insist that I try to continuously improve.

Provide SUPPORT

Help me complete tasks and achieve goals.

Share POWER

Hear my voice and let me share in making decisions.

Expand POSSIBILITIES

Expand my horizons and connect me to opportunities.

Search >
INSTITUTE



How do **you** impact kids?



Relationships with Youth Self-Assessment

Organizational Assessment

Group Discussion

What could your organization do to support stronger adult-youth relationships and boost attendance among your students?

- Actions
- Structures
- Policies



Everyday Mentoring Training:

Relationship Skills Components

- Examining Personal Assumptions And Biases
- Setting And Maintaining Good Boundaries
- Improving Listening Skills
- Helping Youth Work Through Challenges
- Engaging Youth Through Interests And Strengths
- Understanding Challenging Behavior
- Avoiding Burnout When Working With Youth

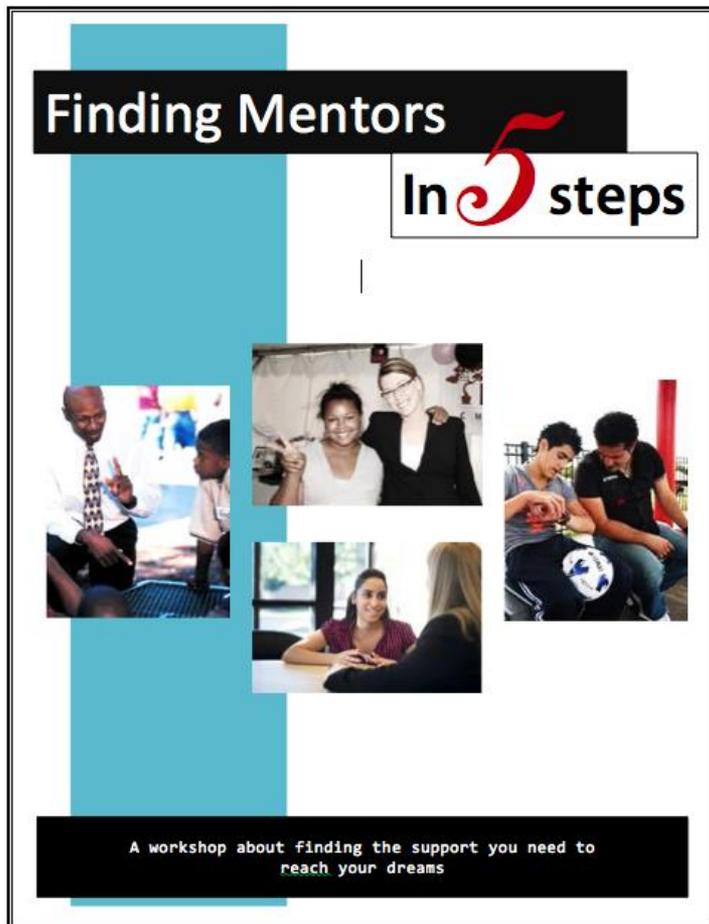


Everyday Mentor Training

The Digital Corps

Youth: Finding Mentors Training

A training to help youth find the support they need to fulfill their dreams



- Understand the value of having mentors
- Connect their goals to helpful adults in their network
- Build confidence in asking for support

STEP 1: Be Confident in Who You Are

- Tell us at least 5 things that make you special in the box below. Remember these things when you go to ask for help from others.

A large, empty rounded rectangular box with a red border, intended for writing 5 things that make the user special.

STEP 2: Think carefully about what you want

- Ex: What is a big goal you have for yourself in the next year?

TIP: Be S.M.A.R.T. about your goals!

Ask yourself...

Exactly what do you want to accomplish?

How can you measure your goal so that you know you're making progress?

Is this goal actually something you can achieve?

Does this goal really matter to you and what you want out of life?

What is your deadline for achieving this goal?

SPECIFIC

MEASURABLE

ACHIEVABLE

RELEVANT

TIME-BASED

Remember that...

A specific goal has a much greater chance of being accomplished than a general goal.

Keeping track of progress gives you incentives to keep going

Achieving the goals that you set builds your confidence for even greater goals

When you identify goals that really matter, you begin to figure out ways you can make them come true.

A goal with a deadline keeps you focused through the ups and downs of life

STEP 3: Assess your network and how they can help you achieve your goals



STEP 4: Be prepared and take the initiative

Example: Your neighbor works at a vet clinic. You love working with animals and think you might be interested in it as a career. You'd like to know more about her job, but you've never really talked to her.



Hi Mrs. Thompson, My mom told me that you work at the vet clinic down the street. I really like working with animals and think I might want to do something like that for a career. Could I talk to you sometime about your job?

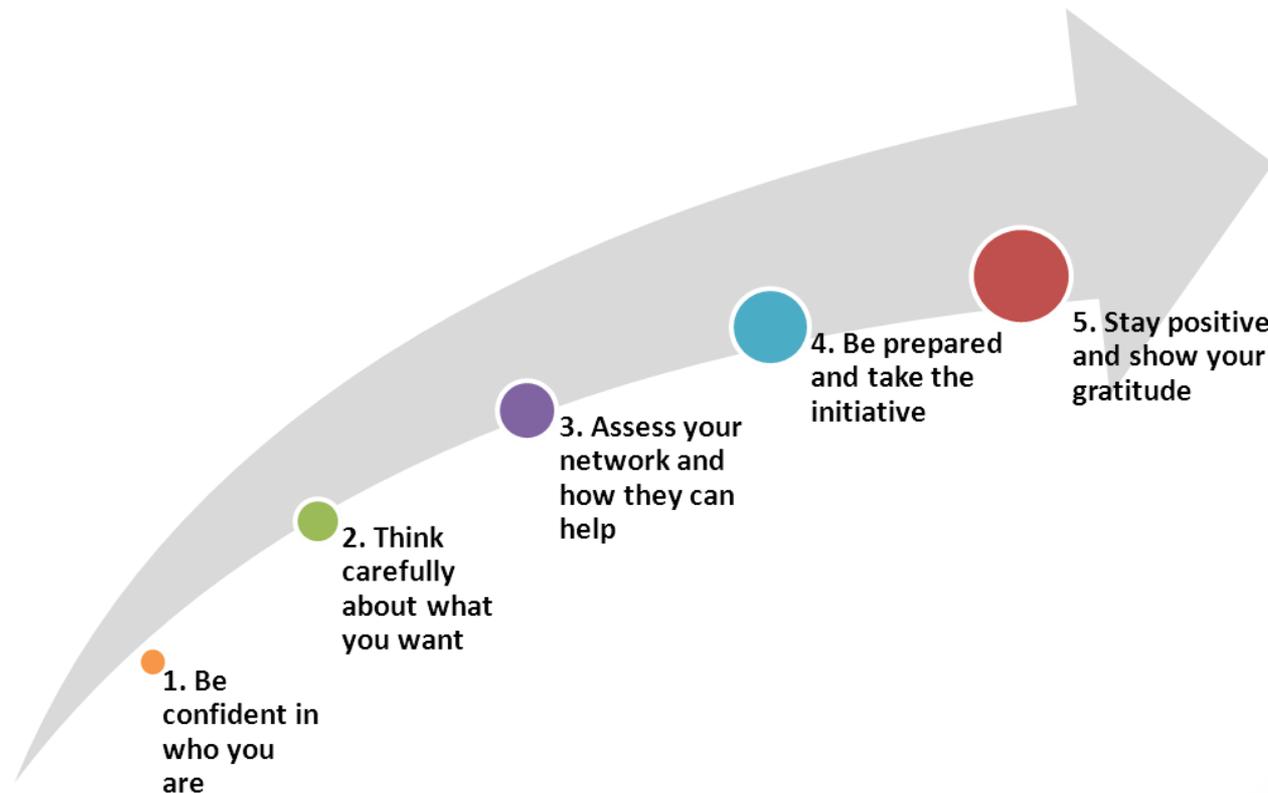
YOUR TURN: Write down what you will say when you ask your potential mentor for help and then we'll practice with a partner.

STEP 5: Stay positive and show your gratitude

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

~Maya Angelou

5 Steps to Building Relationships with Mentors



Workshop Takeaways

- No matter how talented, smart, or independent we are, we all need the support of other people to be successful.
- The next time you're in a situation where you think someone might be able to help you, take the initiative and reach out. You never know what doors might open.



How Can You Make a Difference through **Mentoring**?

- Be an Everyday Mentor to the youth around you
- Teach young people how to access the support of potential mentors
- Start a one-on-one, group, or peer mentoring program at your organization

Want to host an **Everyday Mentors** training for your staff, a **Finding Mentors** training for your youth or discuss starting a mentoring program?

Contact the Mentoring Partnership at info@mentoringpittsburgh.org or 412-281-2535