



Youth Speak Out Video Discussion Guide

This discussion guide is intended to follow the viewing of the Youth Speak Out video, which can be found at:

<http://albertamentors.ca/2536/youth-speak-out-on-mentoring/>

The Alberta Mentoring Partnership (AMP) defines mentoring as the presence of a caring individual(s) who provides a young person with support, advice, friendship, reinforcement and constructive role modelling over time. It is our hope that this video, and the discussion that ensues, inspires and encourages youth to get involved in their communities through mentorship.

Questions to Discuss:

1. Share one thing that stood out to you from the video. What did you take away from it?
2. Can you tell me about someone in your life who acted as a mentor for you at some time? What qualities did this person possess? Would you say he or she was perfect or never made a mistake? Do mentors need to be perfect?

The word 'perfect' rarely, if ever comes up when people describe the mentors that have impacted their lives. Just like all of you, your mentors weren't perfect but they knew that the most important thing was to offer consistent friendship and support when you needed guidance.

3. What age do you have to be to be a mentor?
4. What strengths do you have that would help you to be a positive and effective mentor?
5. Why is it beneficial for young people to be mentored? Why is mentorship important?
6. How can you get involved in mentoring in your community? How have you been inspired to get involved?

