

# Alberta Mentoring Partnership's **MENTEE TRAINING!**

## **WHAT IS A MENTOR?**

Hey, do you like having fun? Do you like being able to do some of your favourite activities with a friend? Well we are going to find out how you can get all this from having a mentor.

A mentor is someone who spends time with you, someone you can talk to and someone you have fun with. They are often someone older than you who will listen to your story and participate in activities that you are interested in. Everyone has mentors, they are people in our lives who listen and understand us, help us with our challenges, and cheer us on to meet our goals

You can find mentors at school programs, sport teams, clubs or a community mentoring program for kids like you!

## **THE ROLE OF A MENTOR:**

A mentor's role is simple. They should be honest, trustworthy, fun, encouraging, a good role model, and a good listener. A mentor is someone who spends time with you and has the support of your parent, guardian or family member. A mentor is there to support you and have fun with you. Mentors help all of us learn the important things about life as well as the simple things like blow bubble gum bubbles, ride a bike or build a model.

## **GETTING TO KNOW YOUR MENTOR**

### **HOW CAN YOU HANG OUT AND HAVE FUN WITH SOMEONE YOU HAVE NOT MET YET?**

That is a very good question to ask. Well, it's just like making a new friend. Learning about your mentor and having them learn about you creates an understanding about one another, it's the first building block of your relationship.

### **HOW DO YOU DO THAT WITH A MENTOR?**

Telling someone about your life is a little bit like telling them a story about who you are, so let's build a story all about you! This is the story you might tell your mentor the first time you meet them.

## **YOU'VE LEARNED A LOT ABOUT MENTORS, BUT HOW DO YOU MEET THEM?**

You might meet your mentor through a program at school or an organization that your parent or guardian has given you permission to participate in. These programs will have guidelines or rules to follow while you build your friendship and participate in activities with your mentor. Reviewing the rules with program staff and your parents is important for you to have the best mentoring relationship.

## **WHAT ELSE CAN YOU DO TO MAKE SURE YOU GAVE A GOOD RELATIONSHIP WITH YOUR MENTOR?**

Mentoring relationships are like friendships. They follow stages or steps that you take to get to know that person.

Stages of a relationship are important so you build trust, and get to know someone, and feel comfortable as you discover new talents and activities that you want to participate in.

First, you can talk about some of the things you would like to do with your mentor. Then you will begin to get to know each other. Sometimes when we are first getting to know someone we feel shy and a little nervous or even silly. These feelings are normal. You might be wondering if this person will like me, will I like them, do they like the same things as me?

If you feel shy or nervous, just remember that friends and mentors are worth it! And the feelings usually don't last that long. Let's do an activity that can help us to match you to the right mentor and to make sure you share important things about you with your mentor. These are things you can share with your mentor when you first meet them!

**FILL IN THE BLANKS WITH YOUR OWN ANSWERS. ONCE YOU ARE DONE, YOU WILL HAVE A YOUR OWN 'ALL ABOUT ME STORY' TO SHARE WITH YOUR MENTOR THE FIRST TIME YOU MEET THEM!**

**WHAT IS YOUR FAVOURITE THING TO DO OUTSIDE?**

**WHAT IS YOUR FAVOURITE FOOD?**

**WHAT IS YOUR FAVOURITE MOVIE?**

**WHAT KIND OF BOOKS DO YOU LIKE TO READ?**

**WHAT MAKES YOU LAUGH?**

**WHAT IS YOUR FAVOURITE SPORT?**

## ACHIEVING GOALS WITH YOUR MENTOR:

Spending time together with your mentor doing activities that you are both interested in is another stage in building your friendship and will help your relationship grow. The amount of time you spend with your mentor will depend on those program guidelines or rules we talked about earlier. You might see each other once a week at your school or your mentor might pick you up at home and you will go out with them for a few hours. Choosing something to do with your mentor can be lots of fun, especially when it is something you both like to do. The type of activities you do with your mentor should always follow those program guidelines or rules and the rules your parents have. Earlier we talked about some things you might want to do with your mentor. Things we want to do or achieve are often called goals. Working towards a goal you and your mentor have built together can be fun. When you reach that goal you feel great, just like scoring a real goal.

**Now, let's think about some goals or things you would like to learn with a mentor.**

They can be anything at all. They could be physical activities such as sports and camping, artistic activities such as drawing or painting, educational activities such as taking a trip to the museum and learning about dinosaurs, or even activities such as passing a level in a new video game.

### WHAT GOALS OR THINGS WOULD YOU LIKE TO LEARN WITH A MENTOR?

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We are all different and have skills and talents that are unique to us. We also each have our own personalities... think about kids in your class... some of them are outgoing, some are quiet and some are funny... just like them, you and your mentor will have unique personalities.

What is important to remember is that people are different and sometimes we will connect quickly with a new friend and other times it takes a little longer. Being different from your mentor might be one of the greatest opportunities, because you can learn so much from one another. So, take the time to let your mentor get to know you and for you to get to know them.

## WILL A RELATIONSHIP BETWEEN ME AND MY MENTOR EVER COME TO AN END?

Like many relationships, some of them do come to an end. Your mentoring match may reach a point where you will celebrate your time together and say goodbye. Just like you do at the end of every grade at the end of the school year, there is a time to move on and perhaps learn from someone else.

Saying goodbye can be hard sometimes...

Let's explore some important things you should do when you say goodbye to your mentor. First, talk about **what you learned from your mentor**. Second, **what was your favourite thing about the match?** Third, **what was your favourite activity**, and lastly, say **thank you!**

## SAFETY IN MENTORING RELATIONSHIPS:

### BEING SAFE IS SOMETHING WE HAVE TO THINK OF EVERYDAY.

When we try something new we want to make sure we have the best time possible. By following a few safety tips we can ensure ourselves of this. Remember when you learned how to ride a bike or tried a new activity? Someone may have let you know that wearing a helmet or safety equipment is a good way to stay safe. This section is going to teach you how to look after yourself.

Your parents or guardians who look after you are often the ones who teach you about being safe. Some of the things they may tell you include following the safety rules, listening to your parents or guardians, if your parents or guardian cannot help you ask another adult you trust for help, only do what makes you comfortable and if you are not sure of something ask questions.

### RULES OF BEING SAFE:

There are lots of rules when it comes to being safe.

Rules are there so that everyone can have fun and avoid getting hurt. When you are with your mentor you will need to remember the safety rules you have learned. Do you want to try a question? Circle the safety rule you should follow:

### WHEN RIDING IN THE CAR, I NEED TO:

Turn the music up loud

Yell and scream

Wear my seatbelt

### WHEN I AM ON THE INTERNET, I SHOULD:

Only visit sites my parents  
approve of

Give out my personal  
information to strangers

Chat online with people  
I don't know

### ON MY BIKE, SKATEBOARD, OR SCOOTER, I NEED TO:

Try crazy new stunts

Wear proper safety  
equipment

Go as fast as I can

## WHAT TO DO IF YOU FEEL UNSAFE:

As kids, you all have the right to feel good, comfortable and safe. Sometimes things happen that can make you feel bad, scared, uncomfortable or unsafe. When things happen that make you feel bad, scared, uncomfortable or just yucky it is important that you tell someone.

### Who can you talk to if you're feeling unsafe?

Here is a list of people you can reach out to if you do feel bad, scared, uncomfortable, or unsafe:

1. Your Parents or Guardian
2. Your Grandparents
3. An Aunt or Uncle
4. Teacher
5. Counsellor
6. Neighbour
7. Police Officer
8. Your mentor

Choosing to tell someone when you feel start to have to make more choices. thinking about how we feel and trusting us.

### WHO CAN YOU REACH OUT TO IF YOU ARE FEELING UNSAFE?

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## YOUR STRENGTHS:

We all have things we are good at, and things we are great at. These are sometimes called our strengths or our skills. Think for a moment about what some of your personal strengths are.

Strengths are important because they are something you can build on to get better at. For example, when I first started playing soccer I had a hard time running fast with the ball. My coach knew I was a good soccer player and that I had a goal to run faster with the ball. He helped me practice and over time I was zooming around the field. My coach was like my soccer mentor, he saw I had strength as a soccer player and he helped me get even better. See how that works?

### WHAT IS ONE THING YOU FEEL GOOD AT?

### HOW ABOUT SOMETHING YOU ARE GREAT AT?

### ONE THING YOU WOULD LIKE TO BE BETTER AT?

## WHAT IF YOU DON'T KNOW ANYTHING YOU CAN BUILD ON TO GET BETTER AT?

This happens and sometimes we might have a hard time finding something to pick. Let's learn how a mentor can help you with this.

When we are asked what we are good at or what our strengths are, sometimes we might have a hard time finding something to pick. This can happen when we don't feel good about ourselves, when we are sad, or frustrated. Sometimes we end up forgetting that we actually do have strengths, and things we are really great at. A mentor will spend time with you, and listen to your ideas. A mentor can help you to discover new strengths and try new activities that you would like to be better at. Having a mentor is like having an extra person cheering you on. Even during hard times, a mentor can be a person who helps you sort through a problem and figure out what to do about it. A mentor helps you look for what is right and what is good.

# CONCLUSION:

That was a little bit about what it means to have a mentor. You also learned a more about yourself, how to be safe and some of those things will be great to share with your mentor. Being with a mentor is a new and exciting experience, but **REMEMBER** if you are ever feeling uncomfortable, talk to your parents or a program staff because they can help.

Having a mentor is fun so go on... have a little fun.



[albertamentors.ca](http://albertamentors.ca)