



Mentoring

Mentoring is a collaborative and positive relationship between a young adult and an interested and more established adult that involves an exchange of knowledge and wisdom, builds bridges with the community, and enhances the confidence and competence of the young adult.

Mentors are volunteers that serve as positive role models by giving of their time and energy to inspire and guide.

- Considerations before Mentoring
 - Capacity: time, space, emotional fortitude.
 - Kindness is your credential – if you can be kind, you can do this.
 - Other considerations:
 - You are the net, not the goalie: Mentees need to know they are safe.
 - Honesty matters: “Everything will be okay” may be a lie. “That sucks” or “that sounds hard” is affirming.
 - Author Libba Bray says, “We are all humans in the act of humaning” – be a human not a hero.
 - Mentorship is not a platform or a lesson. Listen for the questions: this is where you can make a difference in a young adult’s life.
 - Be willing to be educated. Don’t know what TikTok is? Ask. Explore it.
- But what do I do?
 - Find common ground. Food + activity = springboard for relationship. Conversation about common interests will grow trust and connection.
 - Engage. Young adults need to be treated as adults. Listen to them. Sit in the challenges with them. Find things to laugh at together.
 - Embrace the age difference: never heard of their favorite music? Ask them for a playlist. Ask why it moves or interests them. These are the moments where they feel invited to be vulnerable with you. In turn, share your favorite music.
 - Feel free to share stories about your experiences as a young adult. But remember, every situation is different and unique.
 - Hang out. Not every moment will be a focused moment of learning. It’s ok.
 - Use your words. When you see those remarkable moments, traits, or behaviors, tell them you admire it. Likewise with red flag behaviors (and not in judgmental way), kindly express concern.
 - Set boundaries to avoid misunderstandings. If you don’t want to receive a text late at night tell them! They can’t read your mind. Likewise, ask them about their boundaries and expectations.
 - Be open to offering and giving advice, but don’t force it. Let them voice what they need and want to know.
 - Say goodbye. It is ok to end a mentoring relationship. Be honest if it isn’t working.
 - When in doubt, reach out to Project Yet with your questions and for support.

**Interested in learning more? Want to get involved? Reach out
at info@projectyet.org**