



Peer to Peer Mentoring: Building a Culture of Youth Empowerment

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Who We Are



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Objectives:

- Understand the core fundamental beliefs of a successful peer to peer mentoring program
- Engage in a framework and best practices of a peer to peer mentoring program

Agenda

1. Context: How we got here
2. Culture of Empowerment
3. Framework: How we do it
4. Power into Purpose
5. Call to Action / Q&A



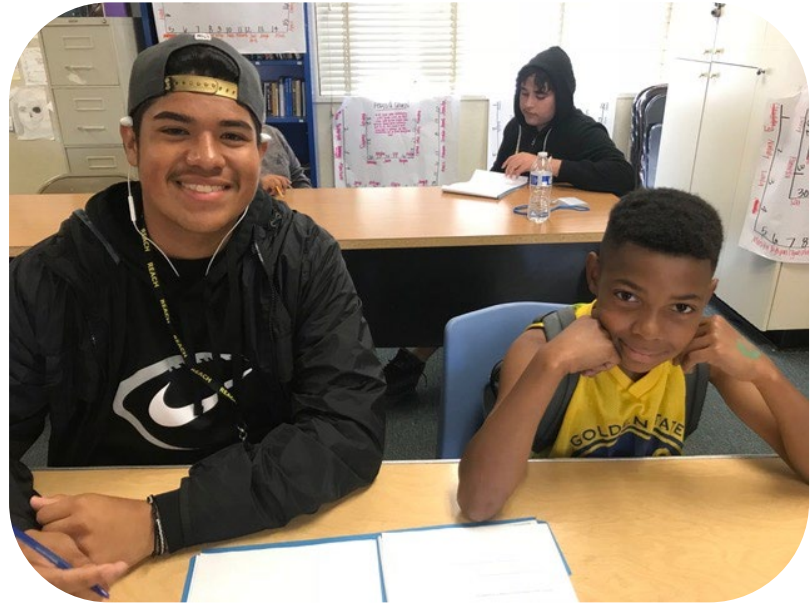


01 Context

Our Peer to Peer Mentoring Program

Why Peer to Peer Mentoring?

- An intervention system in which high school students enroll in an internship program and experience clinical training and supervision to support a middle school student
- Way to maximize the resiliency of a tight -knit community that cannot be truly understood by outsiders
- Empowers youth to make the positive change in the community they want to see



Challenges of Adolescence



Lack of Power: Adults making decisions and youth not being included.

Lack of Privacy: Not many spaces that feel like they are just for you to be and do what you want

Changes: Physical and Emotional changes and possibly not enough people who understand what that feels like for you or can support

Discovery: Leaving childhood and moving towards Adulthood -which is exciting and also can be scary.



02

What does a culture
of empowerment
look like?

“

What would it look like if everything
was going well?

”

Getting caught doing something right:

- All of us, especially young ones, become good at being who they told they are - If you are told you're 'bad' then you'll get good at that
- As a culture we receive attention when something isn't working or when we are doing something wrong
- Making the opportunities to be celebrated, acknowledged, seen and heard. **Consistently.**
- Mentoring is a place, space and time to "catch" you doing good, being lovable, smart, kind, creative, resourceful
- Reinforcing that you matter
- Someone to listen and respond to what is needed
- Reflect goodness, so we get more...and we do!

#1: Youth are the experts of
their own experience

Training Activity - Who were you as a 6th grader?

- Part of the first six weeks and the beginning of the training focuses on reflection
- We focus on 6th grade because 6th graders are a vulnerable population at our site
- This activity provides an opportunity for youth to reflect on what they needed when they were in 6th grade
- This is an activity that would be transferable for your own site





Find a partner

Who were you as a
6th grader?

3 mins each

#2: We honor youth expertise and time

- Work -based learning
- Internship model
- Clinical training
- Resume building
- Evaluations
- Program design



#3: Youth have the solutions to the problem they face

- Community engagement
- Social Ecological Model
- WBL skill development
- Projects included a 9th grade orientation, illegal dumping clean -up, a spa day, video game tournament, fashion show, mental health awareness, kickball tournament, and more.

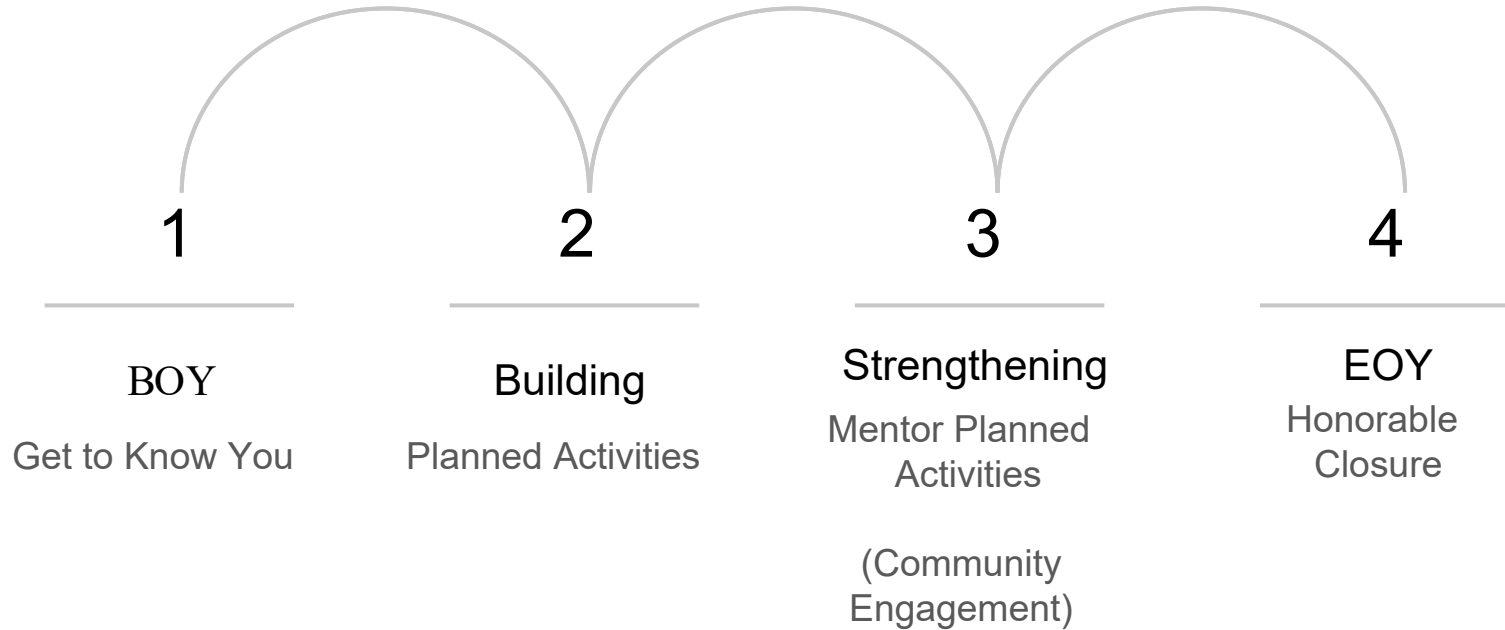




03 Framework

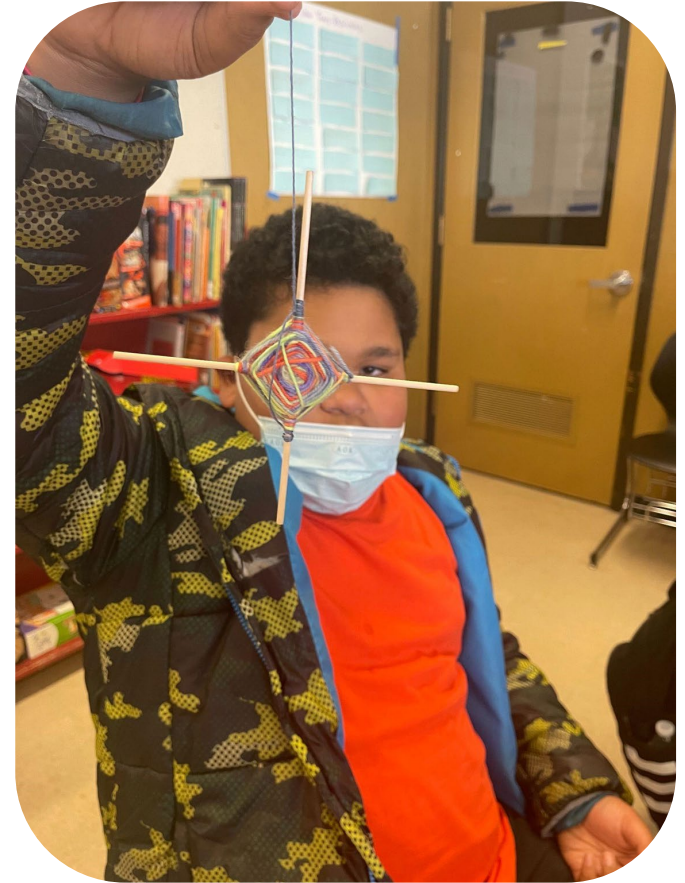
How we do it

Mentoring Relationship



6 Week Clinical Training

- Syllabus/Expectations
- Brain Development
- Attachment Theory
- Identity Development
- Social Ecological Model
- File Folders





Recruitment

- Coordination of Services Team (COST)
- Weekly meetings
- Discipline referrals
- Teacher/staff recommendation
- Self-referral



File Folders

- Weekly activities
- Informed consent
- Checkout forms
- Held in a secure file cabinet

Matching Mentors/Mentees

- Intentional assignments
- Personality
- Rigor/Growth
- Creativity/Problem Solving
- Language/Acculturation
- Advocacy/Character Strength




Check in/Check out form

- File folder to hold all documents and content related to mentoring sessions
- Clinical model to reflect, plan, and communicate needs
- Must be completed after every session
- Provides opportunity for adults to check in and provide necessary supports
- Utilized in IEP meetings, SSTs, and other areas where a different perspective is needed

MPA Mentoring Check-in / Check-out Form

Date

Date

mm/dd/yyyy 

Mentor Name

Your answer _____

Mentee Name

Your answer _____

Emotional Check In: How was your Mentee doing?

Your answer _____

The First Session:

- Utilize the Mentor script
 - Introduce yourself
 - Introduce concept of mentor
 - Share why you are a mentor
- Review & Sign confidentiality agreement
- Complete Important Things About Me Survey
- Closing



Activities - What do they do together?

- First month or so is planned activities
 - Get to know you
 - Timelines
 - Family Genealogy
 - Esteemable Qualities
- Board Games
 - Kids LOVE UNO!
- Arts & Crafts
- Community Engagement Projects

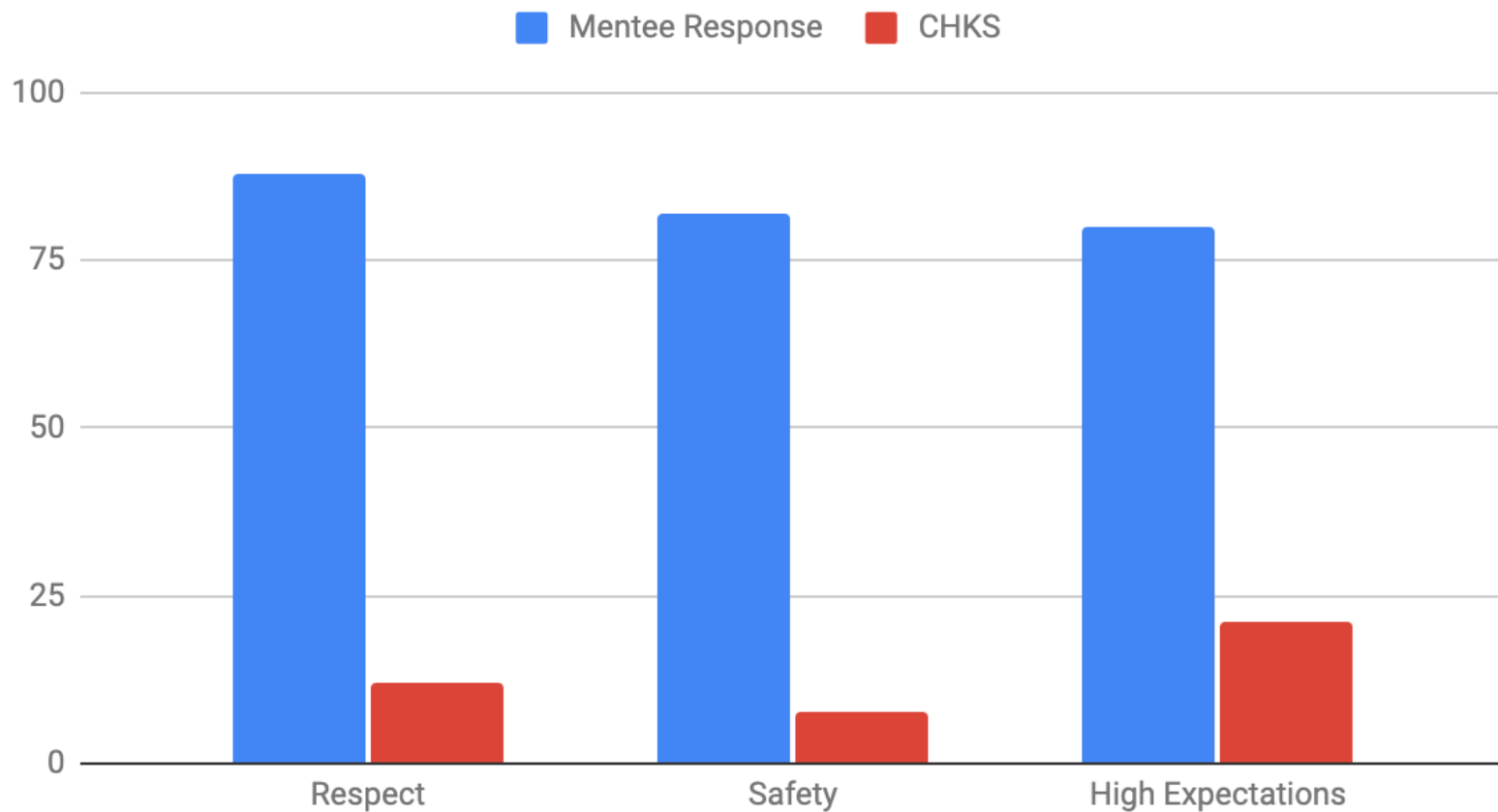




04 Power Into Purpose

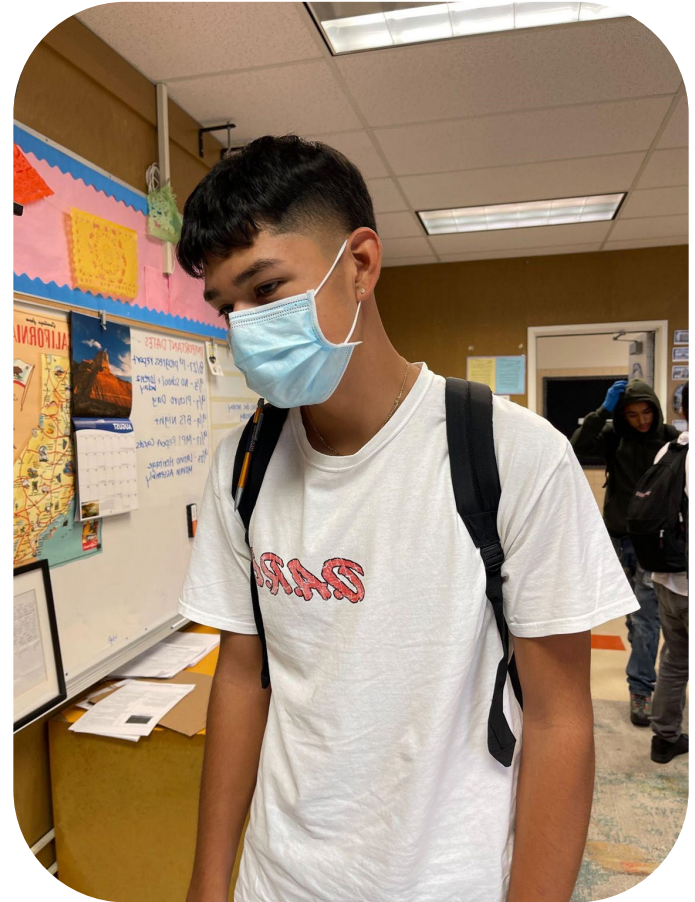
What happens when a culture of empowerment becomes the norm?

Mentee Response and CHKS



Power into Purpose

My future plans are being a nurse and I was able to realize that through mentoring. I found similarities in having a mentee and dealing with a patient. I enjoy working with people having the ability to help out as well as building a relationship to not make it feel as such an awkward meeting. Mentoring really helped me get out my comfort zone since I've always seen myself as a shy person. But it helped me realize it's something I like to do especially having a one on one conversation with someone which helped me realize nursing can really be something I'll enjoy doing as my future career - Manuel, current senior





Power into Purpose

Mentoring has impacted me by giving me an opportunity to share my knowledge and experiences to younger students while I'm also learning skills like emotional intelligence from the experience. Mentoring contributed to my community by making the community a stronger family and a safe space for both mentors and mentees

- Habib, 11th grade

Power into Purpose

Mentoring changed my career goal. I used to want to be a doctor but now I want to study to become a teacher.

Mentoring has been a great experience I got to learn how to communicate, and support students throughout the school year. It's a wonderful experience and has personally helped me find out what I want in life. - Marlen, 11th grade



Power into Purpose

Mentoring has gave and taught me emotional intelligence. Mentoring gave me the opportunity to be someone I needed when I was that age to be that person who I could come to about anything without feeling scared or judged or unsure to trust. Mentoring showed me I want to take my understanding and my work further and help my community in the future. - Julia, 11th grade





Consulting

OCELOTL

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QUESTIONS?

