



OUR MISSION: Women and Youth Supporting Each Other empowers young women by providing the resources and support necessary to make positive life choices and create community change.

Tips for Successful Mentorship

Mentor Training Component: 3. The Role of a WYSE Mentor

- 1. Create A Relationship:** Establishing an accepting, supportive relationship takes time. Don't be disappointed if your mentee doesn't respond to you right away.
- 2. Establish Trust:** Consistency, confidentiality, and respect are the keys to trust. If your mentee starts talking about sensitive topics, make her aware of your obligation to report abuse to the police, under your states reporting law.
- 3. Avoid Judging:** Judging may make the mentee feel alienated or bad about themselves. You are there to encourage, question, and challenge your mentee; not to tell her what to do.
- 4. Be Honest:** Be honest with your mentee about what you know and don't know. Be yourself.
- 5. Avoid "Yes" and "No" Questions:** Open-ended questions stimulate richer responses. Explore feeling and thoughts, these can never be wrong.
- 6. Concentrate On "I" Statements, Not "You" Statements:** You are not the other person and you do not know how she feels or what she is going through. Talk about how you might feel and let her say how she feels.
- 7. Invite Mentees to Evaluate Their Own Behavior:** Encourage the mentees to assess their behavior and to determine how well it is working for them. If the mentee comes to the realization that they are not getting what they want from their behavior, there is a real possibility for positive change to occur.