



**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.

## Sample: Session Plan Worksheet for Mentors

Session Topic: \_\_\_\_\_

Session Leaders: \_\_\_\_\_

Session Date: \_\_\_\_\_

Session Message/Purpose: \_\_\_\_\_

**Be prepared to present this completed worksheet to the Director Team two weeks prior to your session date.**

**Ice-breaker Activity (5-10 minutes):**

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**Activity 1 and Discussion Questions (30-45 minutes):**

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**Activity 2 and Discussion Questions (30-45 minutes):**

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**Community Action Discussion/Wrap-Up (10-20 minutes):**

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**Session Debrief & Closing Activity (10-20 minutes):**

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**Supplies Needed:**

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