

Mentoring Program
Work Plan

Facilitator: Rebecca Headings
Co-facilitator: Bethany Woodall
Group type: Open

Model: Cognitive-Behavioral, Psycho educational
Schedule: Alternating Wednesdays
Place: Samaritan House

Topic	Objectives	Activities	Resources	Evaluation
<p>Week 1: Who Am I?</p>	<p>Help youth and mentors express who they are to help the bonding process.</p>	<p>Skittles Game: Each color represents a question to help answer, "Who Am I?"</p>		<p>* Mentee Survey * Healthy Relationships for Teens Pre-test * Mentor Evaluation</p>
<p>Week 2: That really BUGS me; BEAR with me</p>	<p>Help youth identify behaviors that are troublesome that other people do and that they personally do.</p>	<p>Write about events or description of a behavior that really bothers you in the Bug pictures (4). Describe personal attributes or behaviors that you know others have to deal with in each Bear.</p>	<p><i>Who I am and Who I want to Be</i></p>	
<p>Week 3: Match Up</p>	<p>Help youth and mentors find a "match"</p>	<p>Complete the worksheet of 'Likes' and 'Dislikes.' Youth and Adults will rotate pairs at answers are shared. The participants will keep track of the number of similarities.</p>	<p><i>Who I am and Who I want to Be</i></p>	

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<p>Week 4: Self Improvement</p>	<p>Identify how to strengthen our weaknesses</p>	<p>Youth will complete worksheet “Sometimes I’m Strong and Sometimes I’m Weak” with their mentor. Complete “Action Plan for Improving my Self-Esteem</p>	<p><i>Who I am and Who I want to Be & Teen Relationship Wkbk (Pg.91)</i></p>	
<p>Week 5: Don’t let stress get you down</p>	<p>Identify events that cause stress and how to manage or deal with those feelings</p>	<p>Youth will complete check-off list of stressful activities and then discuss ways to control that stress with their mentor</p>	<p><i>Who I am and Who I want to Be</i></p>	
<p>Week 6: Family</p>	<p>The mentor will learn more about the family roots of their mentee</p>	<p>Define the word family. Who is in your mentee’s family? What does the mentee expect from their parents? How does the mentee fit into the family (their role)? Fill My Support Map</p>	<p><i>The Teen Relationship Workbook (Pg. 1)</i></p>	

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<p>Week 7: Who are my friends?</p>	<p>Youth will explore Healthy vs. Unhealthy Relationships</p>	<p>Complete Worksheets: Evaluating my Relationship and How Healthy is My Relationship</p>	<p><i>The Teen Relationship Workbook (Pg.3-5)</i></p>	
<p>Week 8: Personal Safety</p>	<p>Mentors will help youth develop a personal safety plan.</p>	<p>Complete Handout on a personal safety plan</p>	<p><i>Making the Peace (Pg. 40)</i></p>	
<p>Week 9: Communication</p>	<p>Learn how to talk so others will listen</p>	<p>Understanding "I" Statements</p>	<p><i>The Teen Relationship Wkbk (Pg. 67)</i></p>	

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Week 10: Gender Bias	Breaking Gender Stereotypes	Split boys and girls and mentors will help youth discuss what it means to “act like a man/lady”	<i>Making the Peace p. 105 & Teen Wkbk (pg. 61)</i>	
Week 11: Conflict Management	To identify individual responses to conflict and to develop alternatives.	Complete “How I Handle Conflict” Wksht.	<i>Teens Building Violence Free Relationships (Pg. 2-48)</i>	
Week 12: Evaluation	How is the partnership working?	Mentor and Mentee Surveys		* Mentee Survey * Healthy Relationships for Teens Post-test * Mentor Evaluation