



Thank Your Mentor Day

January 21

"Problem free is not fully prepared."

- Karen Pittman,
Executive Director of
the Forum for Youth
Investment

What have you done as a mentor to help prepare a young person or a peer?

What have you taught? What have you shared?

What have you learned?

When asked to share how mentors can build stronger relationships with mentees, youth said:

"LISTEN! Try to figure things out together. Don't force onto us what you think."

"See our perspectives and trust us to make the right decisions."



As a highlight of National Mentoring Month 2010, **Thank Your Mentor Day**, an initiative of the Harvard School of Public Health, will be celebrated **January 21**. On that day, many Americans will reach out to thank or honor those individuals who encouraged and guided them, and had a lasting impact on their lives.

Thank Your Mentor Day promotes *Four Ways to Honor Your Mentor*:

1. **Contact your mentor directly** to express your appreciation; download a Thank You card from the Campaign Marketing Materials page at www.nationalmentoringmonth.org/ads or send an eCard through Hallmark at www.hallmark.com and search for "mentor."
2. **Pass on what you received by becoming a mentor** to a young person in your community; as one mentor says, "My mentee has really opened my eyes on how my little bit can influence people around me." Visit Bay Area Mentoring at www.bayareamentoring.org to learn about opportunities in your neighborhood.
3. **Make a financial contribution to a local mentoring program** by visiting Bay Area Mentoring at www.bayareamentoring.org for local programs' contact information
4. **Write a tribute to your mentor** for posting on the "Who Mentored You?" web site at www.hsph.harvard.edu/chc/wmy2009/Thank_Them/intro.html



Youth and Adult Partnerships

Building Community Toolkit: A partnership between adults and young people that supports joint efforts toward solving community problems and acknowledges the contributions of both parties (The Innovation Center, theinnovationcenter.org)

When working with youth on a task: Make sure you understand what your roles are, communicate, be supportive, step up when they need help, step back to let them grow, and work together to keep each other accountable so you can both succeed and have fun.



Take Action. Expand Your Universe!

During this National Mentoring Month, find a way to get involved.

Please forward this newsletter to others who may find this information valuable. Thank you for your support of our work and look for another National Mentoring Month newsletter next week!

Sarah Kremer, ATR-BC

Program Director, Friends for Youth's Mentoring Institute and Bay Area Mentoring; Co-Chair, Mentoring Coalition of San Mateo County

RESILIENCY and Protective Factors that can help the mentoring relationship.

Caring Relationships
How do you do build trustworthy, safe, and beneficial relationships?

High Expectations
How do you show that you respect your mentee? How do you support them while also challenging them to look beyond what they know and learn new things?

Opportunities for Participation
How do you engage your mentee in conversations and activities to develop skills and challenge themselves?

*Resiliency Research by
Bonnie Benard, MSW
WestEd*