

North End
Mentoring Program
Mentoring Manual
05-06

Mentoring Program Contact Information

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Mentoring Program Listserv

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Welcome to the North End Mentoring Program!

As a mentor, you have the unique opportunity to form meaningful and lasting relationships with kids from Middletown's North End. We are truly grateful for your dedication to this program and we promise that your experience will be well worth the commitment. We want to make sure that you're having fun and that you feel comfortable with your mentoring relationship, so if you ever have any questions or concerns, feel free to contact Tara (Wesleyan coordinator) or Lydia or Izzi (NEAT organizers).

As a mentor, it is your responsibility to:

- ❖ Spend a minimum of one hour each week with your mentee.
- ❖ Contact your mentee (by phone, email or in person) if you will be unable to meet with him/her.
- ❖ Attend monthly group events.
- ❖ Keep in contact with your mentee's parent(s)/guardian(s) and make sure they know at all times where their child is.
- ❖ Provide your mentee and your mentee's parent(s)/guardian(s) with a phone number where they can reach you.
- ❖ Have a copy of your mentee's emergency information with you if you take your mentee outside of his/her home.
- ❖ Make sure you are not hanging out with your mentee when he/she has other activities planned.
- ❖ Stay in touch with your mentee during vacations—through phone, email, or letters.
- ❖ Keep in contact with coordinators.
- ❖ Let your coordinator know if you are having trouble getting in touch with your mentee or if you have been unable to meet with your mentee on a weekly basis (for personal or other reasons).
- ❖ Contact coordinator or NEAT if you see any evidence of:
 - Abuse or untreated health issues
 - Consistent behavioral and/or discipline problems
 - Unreliability on the part of your mentee or his/her family
 - Problems your mentee may be having at school
 - Other issues that may arise

It is NOT your responsibility to:

- ❖ Take your mentee's friends along when you hang out—this is a one-on-one mentoring program.
- ❖ Spend money on your mentee—we don't want you to build a relationship based on buying treats.
- ❖ Take your mentee on extravagant excursions—your relationship is about hanging out and forming a relationship, and we stress the importance of spending time in the North End
- ❖ Be a babysitter—your job is to spend an hour a week with your mentee, not serve as a free babysitter for parents/guardians.

Ideas for activities you can do with your mentee

In the North End:

- ❖ Green Street Arts Center events
- ❖ Go skating at the roller rink
- ❖ Go to Kid City museum
- ❖ Go to the playground in the North End
- ❖ Buttonwood Tree
- ❖ Play at your mentee's house—draw, do homework, play games, bake, make ice cream sundaes, etc.

In Middletown/at Wesleyan

- ❖ Wesleyan performances
- ❖ Russell Library
- ❖ Play sports
- ❖ Broad Street Books
- ❖ Planetarium shows at Wesleyan
- ❖ Make up stories—word association stories: you each make up a sentence, then use a computer to type it up, make illustrations, or find images on the internet to match the theme...
- ❖ Go to OCS and play board games
- ❖ Go to Freeman to swim or play sports
- ❖ Take a walk at Wadsworth Falls
- ❖ Check out exhibits at Wesleyan
- ❖ Take your mentee to your dorm/house and bake, play games, hang out, etc.
- ❖ Take pictures
- ❖ Play instruments
- ❖ Go sledding
- ❖ Go for a hike
- ❖ Go to the beach

Some suggestions: Try to hang out in the North End if you can; we want to give the kids the idea that they can have fun in their neighborhood—that they don't have to get out of the North End to have a good time. Try not to spend money on your mentee—although it may seem to make things easier to buy your mentee ice cream or go out for pizza, it's not fair to you to have to spend money and it's not healthy for your mentee to attach the idea of mentoring to getting presents/treats.