



WYSE Mentor Training 2

Interacting with
Mentees

WYSE Mentor- Mentee Structure

Session Structure

- WYSE hosts hour long after school sessions at middle schools
- Sessions are centered around lesson plans pertaining to topics such as self-identity and navigating interpersonal relationships
- Every mentor is paired with a mentee
 - Mentors and mentees are encouraged to spend time together outside of session to strengthen their bond



Goal of Mentor- Mentee Pairings

The goal of mentor-mentee pairings is to provide our mentees with close one-on-one bonds where they feel comfortable reaching out and asking questions to their mentor. As mentors, it is our responsibility to be a constant and dependable presence in their life to guide them to make their own decisions.



**Working with Middle
Schoolers:
The Teenage Mindset**

The Teenage Mindset

- Before working with middle school girls, it is important to understand what is important to them and how they approach challenges
 - Reflect on your mentality in middle school
 - How did you identify yourself?
 - Who were your friends, crushes, relationships?
 - What did you like to do?
 - What changes did you go through?



The Teenage Mindset Cont'd



Teenagers...

- want to appear more mature
- want to have new and intense experiences and may be ready to take risks in order to do so
- perceive experiences as less dangerous
- misperceive risks as cumulative
- overestimate their ability to identify and cope with danger
- allow emotions to affect their decisions
- are influenced by peer pressure!



Tips to Being an Effective Mentor

Tips for Effective Mentorship

- Avoid "Yes" and "No" Questions
 - Opt for open ended questions to stimulate richer conversations and to encourage your mentee to think critically in their decision making process
- Concentrate on "I" statements, not "You" statements
 - Talk about how you feel and let your mentee reflect and share their own feelings on a particular situation
- Invite Mentees to Self Evaluate
 - Encourage mentees to assess their behavior and determine how well their actions are working for them
 - If a mentee realizes, on their own, that one of their actions is unproductive, there is a greater chance they will work to change that that action in a positive way



In General...

- avoid passing judgement
- encourage mentees to reflect on their decision making process
- facilitate discussions that encourage mentees to learn and formulate their own opinions
- avoid talking about your personal experiences
- be patient!





Interacting with Mentees

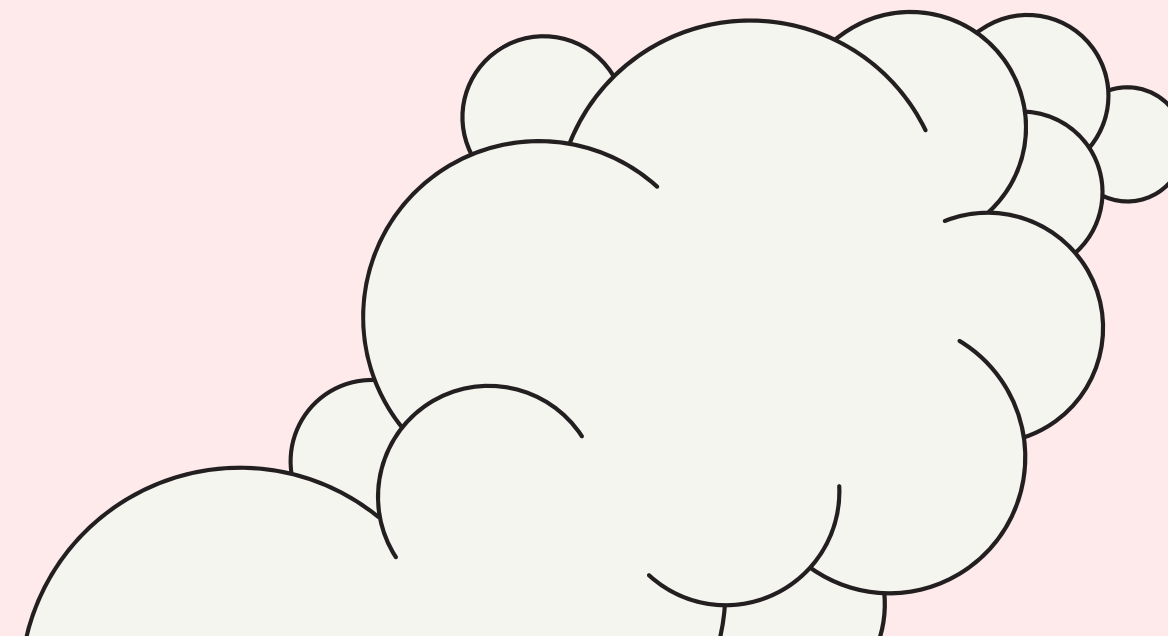
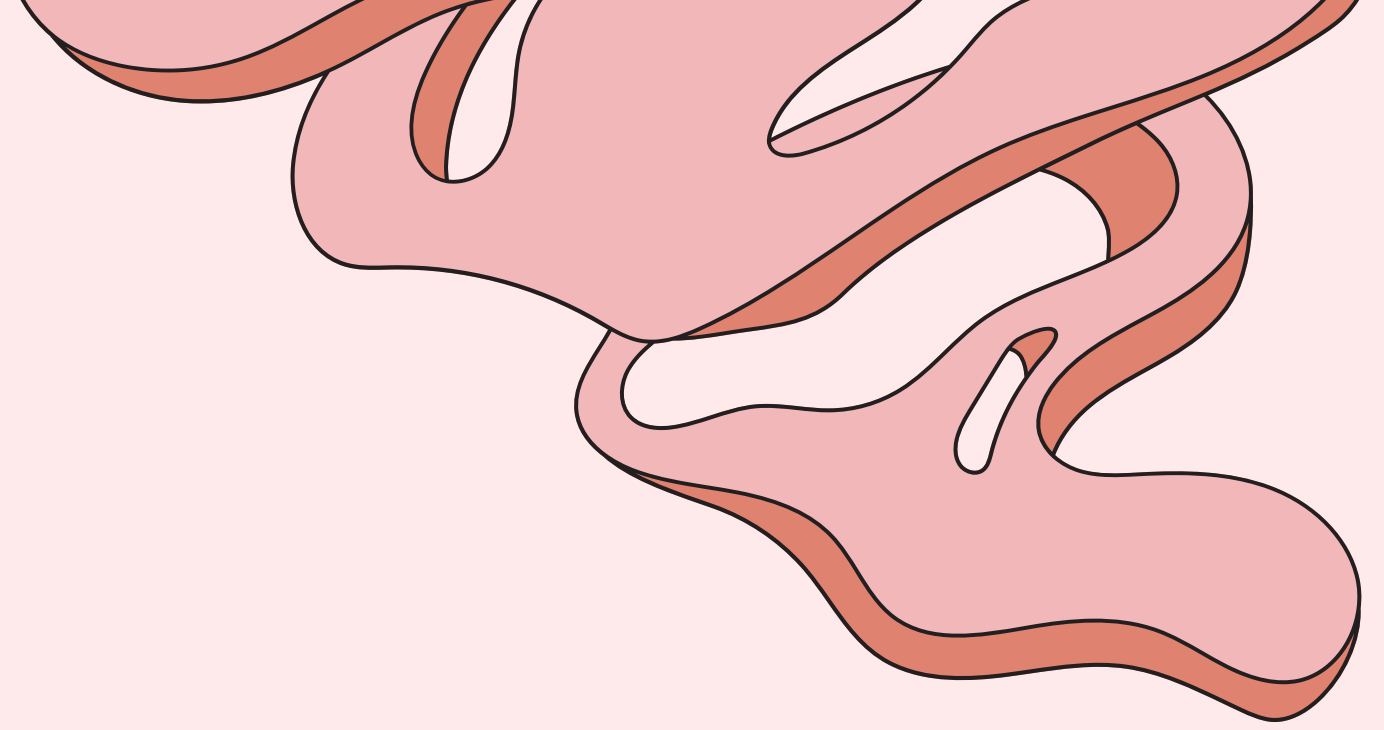


Emotion based questions

Value based questions

Fact based questions

Types of Mentee Questions



Emotion based questions:

- Be reassuring, truthful, and positive
- Stay away from fear tactics
- Remain calm, especially when responding to a question coming from a place of fear or of needing some validation

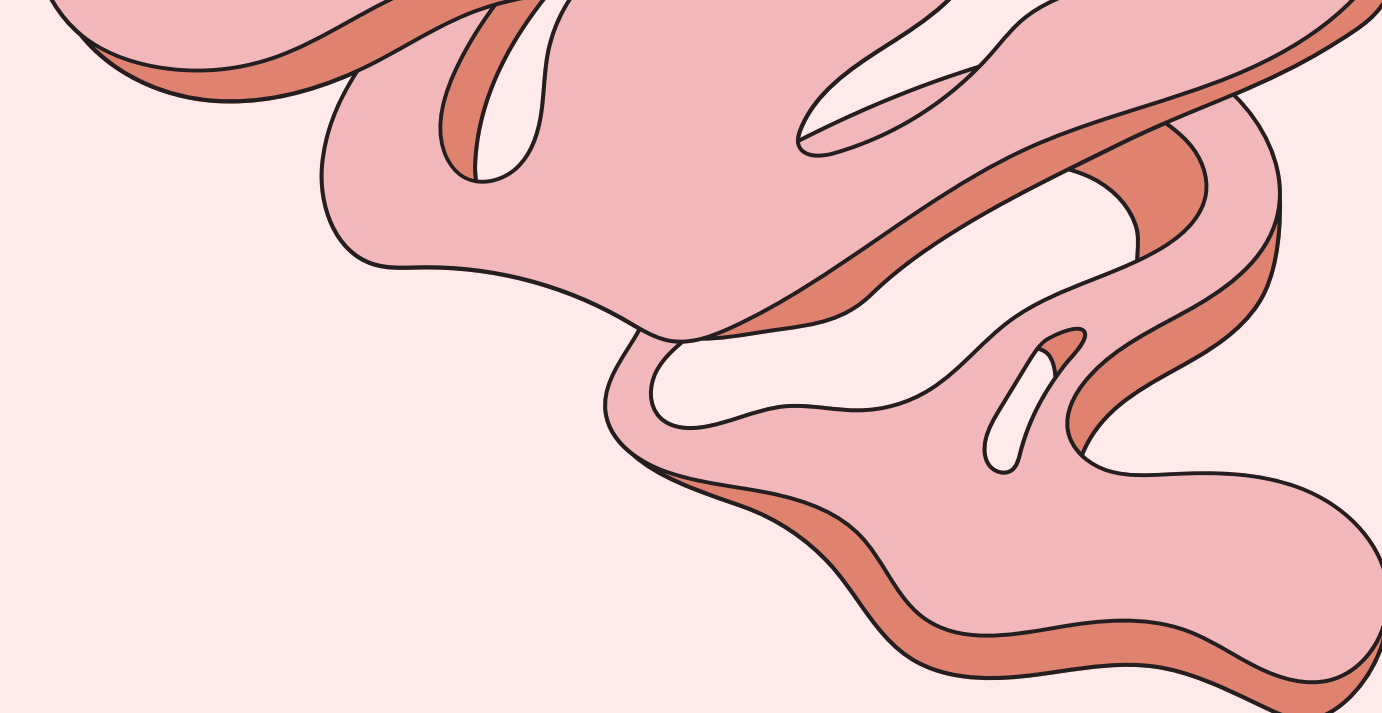
Value based questions:

- Be open minded
- Avoid giving advice; encourage mentee to think of the pros and cons and come to their own decision

Fact based questions:

- Be truthful
- Fill in gaps in knowledge or correct misinformation
- Keep responses to these questions short and sweet

Addressing These Types of Mentee Questions





Approaches to Answering Mentee Questions

- SOY method
 - Some people do this / Some people do this because of [list the pros]
 - Others do that / Others don't because [list cons]
 - You decide what you choose to do
- Avoid talking about your personal experiences
 - Mentees look up to you, so hearing your experiences could sway their decisions

Responding to Mentee Situations and Questions



Sample Scenario



Scenario: Last semester your mentee really enjoyed weekly sessions and the topics that WYSE was talking about. This semester, sessions revolve heavily around sex, birth control, violence against women, etc. and you've noticed that she seems really uncomfortable while at session. When you try to get her to speak up, she is too shy to participate. What do you do?

Response: During a one on one mentee-mentor bonding session, mention that you noticed that she was more excited about discussing topics from last semester than this semester. Ask if everything is alright or if there is anything she needs to talk about. Be understanding in your approach to talking to her. She might be quite because she is uncomfortable with the topic at hand or has a more personal reason for abstaining from the conversation. In the end though, make sure she feels heard and understood and that she has you as a resource to turn to.



Sample Question

Question: Have you ever had sex and does it hurt?

(Emotion based question)

Answer Approach:

- Turn the conversation away from yourself
- Discuss safe sex practices and define consensual sex, specifically in relation to the potential consequences of having sex
- Use the SOY method to show that some people choose to have sex when they feel ready and some choose to wait until they are 18 or married
- Ultimately enforce that they should feel safe and comfortable whenever they choose to have sex, and that consent to have sex is ongoing and revokable

Sample Mentee Questions

- Am I normal?
- Have you ever smoked weed?
- If someone thinks another girl is cute, does that mean she is a lesbian?
- Is it ok for people to live together before marriage?
- My friend thinks she is pregnant. What should she/ I do?
- What is a condom?
- Can a girl get pregnant without having sex?



Check for Understanding

Please scan the QR code below to check your understanding

