

Mentoring Video Conversation Guide

Mentoring is the presence of a caring individual who provides another person with support, advice, friendship, reinforcement and constructive role modeling over time.



Key understandings

- Healthy relationships and social-emotional learning are critical for children and youth as they contribute to brain development. Mentoring enhances the development of both healthy relationship skills and social-emotional competencies.
- Mentoring builds students' sense of belonging and connectedness to school – both factors that contribute to success in school.
- Mentoring has been shown to decrease bullying and other hurtful behaviours.
- Mentoring in schools can take many forms from informal to formal.
- Research shows that children and youth in a mentoring relationship are more likely to:
 - attend school regularly;
 - achieve higher academic performance;
 - have positive relationships with adults and peers;
 - feel like they belong;
 - participate in extra-curricular activities; and
 - finish high school.

- Teen mentoring provides benefits for both the mentor and the mentee.
- The best results are gained when the mentoring relationship is planned and intentional.



*Relationships are the soil in
which children's SEL
(social-emotional learning)
skills grow.*

Jones & Bouffard



Questions for discussion

- What are you already doing in your school that would be considered mentoring – either formal or informal?
- How could a mentoring initiative in your school support other work taking place?
- Who could be a source of volunteer mentors in your school?
- What support/resources would be required to start or enhance mentoring in your school?

Taking the Pulse

at the school and authority level...

Assessing system readiness

- How is data being used to help inform planning around student connectedness and belonging as a contributing factor to student success and engagement in school?
- What expertise and resources are available at the school or jurisdiction level to support implementation of mentoring initiatives?
- How is your school authority supporting professional development related to mentoring?

(Adapted from *A Guide to Support Implementation: Essential Conditions*, www.essentialconditions.ca)

For more information

- Alberta Mentoring Partnership resources: <https://albertamentors.ca/resources/>
- Become a partner: <https://albertamentors.ca/be-a-partner/>

Research

- http://www.camh.ca/en/hospital/about_camh/newsroom/news_releases_media_advisories_and_backgrounders/current_year/Pages/Big-Brothers-Big-Sisters-launches-100-Year-celebration-with-Largest-Mentoring-Study-Ever-in-Canada.aspx
- <https://www.legacy.albertamentors.ca/research-portal/teen-mentoring-boys-girls-clubs-big-brothers-big-sisters-edmonton-area-site-outcomes/>



All kids need a little help, a little hope and somebody who believes in them.

Erwin "Magic" Johnson



Positive relationships with adults are perhaps the single most important ingredient in promoting positive student development.

Pianta, Hamre, & Allen



Alberta Example

Teen Mentoring Toolkit – a resource for schools interested in establishing or enhancing teen mentoring <https://albertamentors.ca/peer-mentoring/introduction/>