



Mentoring Resources & Tips

The following resource is adapted from the American organization **MENTOR – The National Mentoring Partnership**. The original can be found at <https://www.mentoring.org/2020/03/mentors-covid-19-announcement/>

Be mindful. As the COVID-19 pandemic spreads, it may trigger [trauma for young people](#) impacted by the virus or by the news surrounding the pandemic. Let your mentee know that you see them and are there for them.

Be intentional about preserving continuity in the relationship.

- Acknowledge what is going on and engage in a dialogue about the pandemic.
- Understand and honor your emotions and the emotions of your mentee, including the range of reactions that may be expressed.
- Commit to self-care. Know that it is okay to take a break from the news and discussions about the virus as needed to manage anxiety or other responses to the situation.

Be in it together. Let your mentee know that you are in this together and are here to help.

- Follow the latest on COVID-19 on public health websites listed below
- Follow BBBSY guidelines for your mentoring program and take cues from the guardians of your mentee around how to connect and communicate virtually

Be communicative. Healthy and supportive relationships are crucial during this time.

- Try your best to stay connected on a regular basis - young people need our support now more than ever!
- Since in-person meetings are on pause, follow the appropriate path:
 - **You are permitted/able to communicate virtually with your mentee:**
 - Let your mentee know you need to temporarily pause seeing them in person but are still there for them virtually. Create a plan with your mentee about how you will stay in touch while continuing to follow the appropriate guidelines.