



## 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 from public health authorities like [Public Health Canada](#)
- 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.