

Helpful Mentoring Resources

- ❖ **[Building Relationships: A Guide for New Mentors](#)**
Suggests strategies and methods for establishing strong connections with mentees across multiple forms of mentorship.
<http://educationnorthwest.org/sites/default/files/effective-strategies-for-providing-quality-youth-mentoring-in-schools2.pdf>

- ❖ **[CDC: Youth Violence Protection Factors](#)**
Provides explanation of important risk and protective factors of youth violence, including the importance of mentoring and positive relationships.
<https://www.cdc.gov/violenceprevention/youthviolence/riskprotectivefactors.html>

- ❖ **[Community Psychology: Natural Mentoring is Good for all Youth](#)**
Discusses key advantages to natural mentoring in comparison to traditional mentoring, and includes applications to a variety of different community members and health care providers.
<https://www.communitypsychology.com/natural-mentoring-is-good-for-all-youth/>

- ❖ **[Factsheet: Overcoming Relationship Pitfalls](#)**
Describes common challenges and pitfalls for youth mentors, and offers effective solutions to combat these issues.
<http://educationnorthwest.org/sites/default/files/factsheet10.pdf>

- ❖ **[Finding Mentors, Finding Success](#)**
Advises teens and adolescents about the importance of mentorship, ways to find a mentor, and strategies for engaging and connecting with mentors. http://youthbuildmentoringalliance.org/webfm_send/723

- ❖ **[Growth Mindset for Mentors Training](#)**
Teaches best mindsets and strategies for positive thinking as it applies to mentorship. <https://www.mindsetkit.org/growth-mindset-mentors>



Helpful Resources Cont'd

❖ Mentoring Connector

Recruit mentors by submitting your program to the Mentoring Connector (previously called the VRS)

<https://connect.mentoring.org/>

❖ Mentor Everywhere: Resources

Contains recommendations and examples of effective mentoring strategies as well as tools for communication and sharing.

<https://mentoreverywhere.com/resources/>

❖ Mentoring Resource Archive

Provides key resources for mentors about important topics of conversations, and adapting to a virtual format.

https://www.mentoring.org/resource-archive/?fwp_resource_cats_themes=key-topic-overviews

❖ Mentoring Toolkit

Provides questions, surveys, and prompts that can help to establish a relationship between mentor and mentee with expectations and open communication. [https://depts.washington.edu/podscan/alliance/MentoringToolkit.pdf?_ga=2.16084918.1040729584.1623263714-](https://depts.washington.edu/podscan/alliance/MentoringToolkit.pdf?_ga=2.16084918.1040729584.1623263714-1615335296.1623263714)

[1615335296.1623263714](https://depts.washington.edu/podscan/alliance/MentoringToolkit.pdf?_ga=2.16084918.1040729584.1623263714-1615335296.1623263714)

❖ Mentoring: What Works

Offers key takeaways and individual resources for different groups of at-risk youth, including Immigrant and Refugee Youth, Youth of Color, etc. [https://nationalmentoringresourcecenter.org/index.php/what-](https://nationalmentoringresourcecenter.org/index.php/what-works-in-mentoring/key-topics.html)

[works-in-mentoring/key-topics.html](https://nationalmentoringresourcecenter.org/index.php/what-works-in-mentoring/key-topics.html)

❖ My Brother's Keeper Program

Overview of My Brother's Keeper, a project established in 2014 with the goal of guiding and improving the lives of at risk youth.

<https://obamawhitehouse.archives.gov/my-brothers-keeper>



Helpful Resources Cont'd

❖ [National Mentoring Resource Center: Main Site](#)

Provides information, recommendations, and specific examples of the importance and strategies involved in mentoring at-risk youth of various marginalized communities.

<https://nationalmentoringresourcecenter.org/index.php>

❖ [National Mentoring Resource Center: Risk and Protective Factors](#)

Includes discussion of risk and protective factors for negative outcomes of at-risk youth and other important background knowledge.

<https://nationalmentoringresourcecenter.org/index.php/toolkit/item/270-risk-and-protective-factors.html>

❖ [Preventing Adverse Childhood Experiences](#)

Describes the impact and ways to avoid/lessen the impact of common adverse childhood experiences that may be impacting mentored youth.

https://www.cdc.gov/violenceprevention/aces/fastfact.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fviolenceprevention%2Facestudy%2Ffastfact.html

❖ [Resources for Mentoring Programs](#)

Provides a variety of guides and fact sheets that offer advice and information about mentor relationships, common mentoring topics, and helpful tools.

<https://nationalmentoringresourcecenter.org/index.php/what-works-in-mentoring/resources-for-mentoring-programs.html#6>

❖ [Scientific American: The Untapped Potential of Natural Mentoring](#)

Informs readers about power of natural mentoring with important statistics and research findings surrounding the topic.

<https://blogs.scientificamerican.com/observations/the-untapped-potential-of-natural-mentoring/>



Helpful Resources Cont'd

❖ [Youth Initiated Mentoring](#)

Includes overview of Youth Initiated Mentoring, very similar to concepts of natural mentoring. Provides evidence-based results and implementation practices.

<https://nationalmentoringresourcecenter.org/index.php/component/k2/item/45-youth-initiated-mentoring-yim.html>

❖ [Youth.gov: Juvenile Justice Risk and Protective Factors](#)

Discussed different risk and protective factors of youth delinquency, emphasizes importance of social connections and positive relationships in community. <https://youth.gov/youth-topics/juvenile-justice/risk-and-protective-factors>

❖ [Video: Preparing for Mentoring](#)

This video offers perspectives and advice from current mentees about beginning mentor relationships, and how to make the most out of the connection. <https://www.youtube.com/watch?v=lo80WeS82C4>

❖ [Videos: CDC's General Violence Prevention Resources](#)



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