**Training from MENTOR on expectations and boundaries**

<https://www.mentoring.org/resource/cmws-april-2022-setting-expectations-and-boundaries-in-mentoring-relationships/>

Step in their shoes

Consistently show up even if they ghost you

Layer up – let the coordinator provide support for volunteers, accompany them on meets if needed to encourage them to stay positive

Have your own support networks and self-care

Teenagers and other people will make decisions you don’t agree with – but let them choose, dignity in risk. As a mentor you might be able to see what will happen a few steps down the line (bad outcome) but don’t say I told you so! Be there for them, or work out what went wrong and maybe what could have been different without preaching.

Be ok with silence. But also still reach out even if they are silent.

How far do you let them go – endangering themselves, substances? Help them build agency in their life, make decisions and value themselves. They need an opportunity to make decisions. But if harmful then yes you do have to report this but still build that agency.

Try to flip that to being trauma informed/asset-based rather than seeing the ‘negative’ adaptation to their environment. How can we help everyone to say its not a bad kid, its an adaptive behaviour which has helped them survive.

Remind mentors they are not alone – coordinators are there to help and support.

Remember we are all human.