

YH Mentoring: Year 1 Trail Guide

We are excited for you to start your mentoring adventure!

Thank you for your obedience to God's call on your life and for your commitment to Youth Horizons. You are extremely valuable to God's Kingdom and to Youth Horizons. God is going to use you in a mighty way to expand His Kingdom, to make His purposes and ways known to others, and to bring honor and glory to Himself. You are a treasure to us because you will share God's love with a child who lacks a positive Christian role model. Many of our kids have been hurt in various ways and are living in hopelessness and despair. We have seen God use our mentors over the past 15 years to transform lives. Many broken families have experienced God's love for the first time. Many have also come to know Jesus Christ as their personal Lord and Savior.

Our goal is to help you to have a successful match. **What does success in the mentoring arena mean?**

- **Developing a solid relationship that weathers time and resistance**
- **Keeping commitments in a way that shows God's integrity**
- **Growing closer to God through dependency on Him for each step**
- **Sharing God's love to your protégé and their family in a way that invites them to draw closer to Him.**

We want to do everything we can to help equip you for success. That is why we have developed this curriculum to help guide and direct you as you start off on this journey.

The guide is going to help you navigate through your first year and help you develop a very solid foundation in your relationship with your protégé and their family. It is important that you go through each month's topics and assignments. Following this guide will:

- 1) **Give** you direction to help you start off well.
- 2) **Allow** you flexibility to do things that you and your protégé want to do.
- 3) **Help** you develop your protégé in a well rounded-way.
- 4) **Equip** you to be more effective in loving God, loving your protégé, and expanding God's Kingdom.

We want you to get to the end of your first year of mentoring and look back with gratitude and confidence at all the things God has taught you and developed in you. Your guidelines for using the materials are included on the next page. These are designed to help you and your protégé get a better grasp on a certain stage of the mentoring friendship. Don't beat yourself up if you wander off the path; just get back to the guide and start hiking again!

Our hope for you is that after you have learned how to successfully mentor your Youth Horizons' protégé, whether that be one year or ten, that you would continue to mentor in different capacities throughout the rest of your life. This could mean investing in kids or adults in your neighborhood, family, church, career, or community. God has commanded us to love Him and to make His love known to others.

Mentoring is a great way to fulfill that commission!

The following curriculum is not a perfect plan, but we believe it will be a tremendous help to you. Experience has shown us that mentors who go into their mentoring journey with guidelines and trail-markers find the trek to be much more steady and navigable! And we very much look forward to seeing you and your protégé well on your way to the "top of the mountain."



How to Use Your Guidebook:

Here is how it works...

Each month there is a theme.

Surrounding that theme are topics, values, verses, activities, and assignments.

The monthly themes are in a progressive order and build on each other. It will be important to start at the beginning and follow them in order. Each sheet has topics, values, verses, activities, and assignments that revolve around the monthly theme.

1) Your monthly guides follow this sheet in your folder.

2) Tabs listed in your folder:

Talksheets: These talksheets are a beneficial tool to your mentoring relationship. They can do all the work for you, or can simply serve as the ignition to great discussions between you and your protégé on many key topics. These have proven to be very enjoyable and friendly for young matches; they open communication, guide you in issues pertinent to your protégé's life, and have a biblical basis.

Articles: Some articles on different topics that pertain to mentoring. These will be assigned throughout the monthly guides.

Surveys: Some surveys on different topics that are assigned throughout the monthly guides. These are designed to help you learn about your protégé, their family, and yourself. Youth Horizons tries to keep feedback on the program to a minimum, but we do ask you to fill out a program survey once a year.

Trainings: Youth Horizons Mentoring offers additional trainings throughout the year focused on topics that are pertinent to your mentoring experience. These are designed to help you be successful and grow in your mentoring relationship. You can file notes and handouts from trainings here. You can also include your Mentor Orientation materials in this section.

Resources: Additional materials that you may find beneficial, such as: reading suggestions, food pantries, and volunteer opportunities.

Forms: This is the section where you can keep important documents like the Emergency Medical Release Forms, School Release forms, and any other materials which relate to your protégé and to Youth Horizons' policies.

3) Your monthly guide will frequently reference an *Article* or *Talksheet* or *Survey*. All of the materials listed can be found in the appropriate section of your folder listed by tabs.

4) If you have any questions, feel free to contact your mentoring coach.

Have Fun!!!

Month 1

Connecting

TO DO's this month:

- Focus on fun & interactive activities
- Schedule your outings ahead of time
- Pray
- Talksheet instructions p 3-4, Talksheet: *Getting Better Acquainted*, p 5-6
- Article: "How to be a Great Mentor"
- Communicate through parent and to parent (tell where you're going & when you'll return)

Ideas for your first outing:

- Do your talksheet assignment
- Training: Choose 5 activities with your protégé from the 200 Activities List to do during your first month
 - Make a cake
- Go miniature golfing

Christ-Focused: A Value of YH Mentoring

"With strategy, gentleness and wisdom, we make it our foundational goal and discipline to live like Christ and to communicate His teachings about how His Eternal Kingdom outweighs anything and everything that dazzles us here on this earth."

On your marks, get set, go! Welcome to your first month of mentoring. Get excited! You are in for a great adventure. If you are a little bit nervous, that is okay. Your protégé is probably more nervous than you are! As we told you at the mentor orientation, the first couple of months is about connecting with your protégé and their family. A few words of advice as you get started;



- Pray often for your protégé and their family: that God would help you to connect well with them
- Pray before each outing: that you would love and serve them well

- Plan some fun and interactive activities for the first couple of outings
- Prepare some questions that will help you get to know your protégé better (there is a good chance that you will need to initiate most of the conversations on the first few outings)
- Call your mentoring coach

The first weeks can often feel a little awkward. Remember that some relationships can take a little bit longer to click, so do not be discouraged. Pray often and rely on God to give you strength and perseverance. Remember, God loves you and so do we.

Proverbs 16:3-4 Commit to the Lord whatever you do, and your plans will succeed.

The Lord works out everything for his own ends.

Space to jot down thoughts/experiences:

Month 2

Learn about your Protégé

TO DO's this month:

- Survey: Go through the *Parent Survey* with your protégé and their parent
- Talksheet: *How I See Myself*, p 7-8
- Article: "Understanding & Working with Students & Adults from Poverty"

Scripture Reading: 1 Corinthians 9:13-19 (The Message)

"Even though I am free of the demands and expectations of everyone, I have voluntarily become a servant to any and all in order to reach a wide range of people: religious, nonreligious, meticulous moralists, loose-living immoralists, the defeated, the demoralized-whoever. I didn't take on their way of life. I kept my bearings in Christ-but I entered their world and tried to experience things from their point of view. I've become just about every sort of servant there is in my attempts to lead those I meet into a God-saved life. I did all this because of the Message. I didn't just want to talk about it; I wanted to be in on it!"

There is no greater desire in the human heart than to be known. Each of us, from childhood, wants someone to "get us", to learn "how we tick." That's why our foundational movement in mentoring is to study and become "the world's greatest expert" on our children. When your protégé feels like you have learned what makes their eyes light up and that you know those things which frighten or amaze them, they will begin to lend you their hearts for other purposes.

The apostle Paul used this strategy to "win people" for Christ. He understood the treasure that God made in us as human beings, and he realized that there is a transaction of trust that occurs as they see us valuing them. This grants us leadership in their lives. And when we lead, we do so with confidence, knowing that our destination is the best one in all of the universe, Christ Jesus Himself.

A few questions:

- 1) Are you entering each time with your protégé with an "I want to learn about you" attitude?
- 2) What is one thing you really enjoy about your protégé?



Make sure you take a photo and send one to your mentoring coach!

Proverbs 22:6 Train a child in the way he should go, and when he is old he will not depart from it.

Activity Ideas:

- Plant flower seeds
- Go to a museum
- Carve pumpkins
- Work on a car
- Go to the YMCA
- Bake together

Space to jot down thoughts/experiences:

MONTH 3

GETTING TO KNOW YOURSELF

Faithfulness: A Value of YH Mentoring

Ideas for this Month:

Talk to your coach

Go to a YH event

Go on an outing with another mentor match

Take a walk:
w/a dog...or a cat!

Willingness to Suffer: We expect that God's work in a dark world will bring challenges which we commit to persevere through, having already been warned that such would come and is common to man, fueled through all of this by the conviction that longevity and long-suffered faithfulness is the great gift we can offer to families whom the world has overlooked or discarded.

You are now moving into the third month of your match. At this point, things might be going as expected, better than expected, or worse than expected. If it is not going quite as you thought, that is okay. You need to remember that you are only a couple of months into this. It has been said that good things do not always come easily.

*How are you feeling about mentoring?
Has it been easier or harder than you thought?
Are you drawing closer to God through the process?
Is your patience being tested?
Is your worldview being challenged?*

Mentoring staff often hears that the mentor ends up getting more out of the relationship than the protégé does. God has a way of using mentoring relationships to grow and stretch mentors. One important ingredient for spiritual growth is taking our focus off of ourselves and putting it on God to love and serve others. This is not a natural process! It is one that God teaches us, and often feels awkward. Mentoring puts you in a position where you must focus on someone else.

1 Corinthians 1:9

"God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful."

"In my experience, as God has refined and stretched me, very rarely did it feel good at the time. As I look back on those times, I am so grateful that God took me through tough and challenging times to help me draw near to Him and become more like Him. I have learned to not put as much weight on how I am feeling. My feelings can often be fickle. I now try to put weight in doing what Jesus said was right even when it does not feel good." -Donnovan Karber

Space to jot down thoughts/experiences

TO DO's this month:

Talksheet: *School*, p 19-20

Survey: *What Mentoring Reveals about You*

Journal about your experiences so far & e-mail insights to your coach

Article: "Girls & Boys Town Social Skills Curriculum"

SIGNS OF SUCCESS

Do I make my best attempt to meet weekly with my match?

MONTH 4 DISCIPLESHIP

TESTIMONIAL

In August of 2005, we received a phone call from a gentleman saying that he was interested in mentoring a child that he saw on our website. Nobody at YH knew Dave* but we could sense his excitement towards becoming a mentor. Dave attends West Side Christian and is familiar with YH because of his church's relationship with the organization. Dave successfully completed our screening and training process. As we gave more information to Dave about the child he was led to on our website, Dave was amazed at the number of similarities that existed between him and the child. Sam* is currently being raised by his aunt and



uncle, and Dave was raised by his aunt and uncle. The youth's biological parents both struggle with drug and alcohol addictions, and Dave's parents struggled with the same issues. Dave and Sam have bonded in a way that could only occur when God's hand is involved. The protégé greatly enjoys attending West Side Christian each Sunday with Dave and his wife. During the first year of mentoring, they formed a bond that Lord-willing should last a lifetime. There have been tough obstacles to overcome and firm boundaries to establish, but their match continues to bear fruit. Dave is making a lasting impact in Sam's life.

*Photograph & names do not represent those involved.

TO DO'S THIS MONTH:

- Talksheet: *Values*, p 9-10
- Start *Master Plan of Evangelism*
- Article: "YH Recognition Awards"

Read this with your protégé and set a goal to work toward one together.

Signs of Success:

Do I invest at least two to three hours a week of my time with my match?

SPACE TO JOT DOWN THOUGHTS/EXPERIENCES::

MONTH 5

SERVICE

Humility: A Value of YH Mentoring

“We start with the understanding that without God’s initiative and assistance we would be depraved and offensive to both heaven and earth, and we use that knowledge to keep our hearts teachable and dependent upon God’s instructions and upon the human members of Christ’s body, the Church, all around us to continually move us towards personal and ministry health.”

Humility is a major fueling tank for serving others; it turns us towards God; it turns us towards people; it corrects our path whenever we stray selfishly.

It is truly amazing how valuable the lesson of service is to our protégés. They might like the idea right from the beginning. If so, you already have a great thing going with your child (the Lord has gifted you with a really soft-hearted lad or lass).

But usually the idea of going out and doing projects helping others will not be the first thing they think of in regards to fun. The good news is that many of our children are really won over by the activity. When they connect their deeds to the smiles and gratitude and appreciation on the faces of those you serve, it will open their eyes to the magic of God’s outward-focused Kingdom.

Colossians 3:16

“Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns, and spiritual songs with gratitude in your hearts to God.”

Questions to think about:

- 1) Am I approaching my match with an attitude of humility?
- 2) Am I...in my behavior, attitude, actions...modeling humility to my protégé?
- 3) How can I focus on serving with my protégé this month?



Signs of Success

Do I stick to my role:

Building a friendship?



Space to jot thoughts/experiences:

TO DO's this month:

Talksheet: *Serving Others*, p 41-42

Send a picture w/ your story
(see above talksheet assignment)

Finish up *Master Plan of Evangelism*

Reminder: 6-month check up, coach will be calling to set up appointment

Ideas for a service project:

- His Helping Hands (838-8528)
- Kansas Food Bank (265-4421)
- Crisis Pregnancy Center (945-9400)
- Union Rescue Mission (687-4673)
- Dinner to a family in need
- Visit a nursing home
- Your church

Month 6

Goal Setting

TO DO's this month:

Article: Stages of Mentoring

Talksheet: *Setting Goals*, p39-40

Article: "Family News from Dr. James Dobson"

Begin praying about...

- Sharing your mentoring story with a pastor, friend, or group
- How to incorporate spiritual discussion into your mentoring

Signs of Success

Do I plan

activities based on the youth's interest?

Hebrews 6:10

"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."

Scripture Reading: Philippians 3:12-14

"Not that I have already obtained all this, or have already been made perfect, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Research shows that achievers set clear goals and look at their goals often. When you write down your goals and keep them easily accessible, you are much more likely to reach them. Pin your goals on the wall, put them on your computer, tell them to close friends, or tell your mentoring coach. Mentoring goals will give you a healthy perspective on mentoring. The right perspective will energize your mentoring efforts. Think about the following questions when setting mentoring goals:

- 1) What is something I can teach my protégé that will help them succeed as an adult (i.e. budgeting, cooking, cleaning, social skills, basic home & auto maintenance, interview skills)?
- 2) What is a specific need my protégé has that I can help with (i.e. math, reading, sports, social skills)?
- 3) What is something my protégé wants me to teach them?
- 4) How have my past experiences, good and bad, equipped me to teach my protégé about specific topics?

Set a few goals alongside your protégé. Don't focus on results; focus on action! Teach and train towards those specific goals. Don't get sidetracked with new goals until the current ones are met. Ask your coach to hold you accountable. Ask your coach for advice on effective teaching and tutoring. Don't forget to have fun!

Space to jot down thoughts/experiences:



Mental & Physical Fitness

SCRIPTURE READING: JAMES 5:7-8

“Be patient, then, brothers, until the Lord’s coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains. You too, be patient and stand firm, because the Lord’s coming is near. Don’t grumble against each other, brothers, or you will be judged, The Judge is standing at the door!”

Sometimes working with a child can seem like waiting for a crop to grow. You wonder when the first spark of change will break through the surface or what type of beautiful flower will emerge from the seed you planted or, *if* the “flower” will make it through the fertilization process. Sometimes physical fitness can seem the same, too. There is not an immediate change in appearance, muscle tone, or weight. The benefits are not easily attained. But, in time, change begins to occur. There are many lessons that our



protégés can learn through disciplines of physical fitness: patience, discipline, and delayed gratification. Our goal is to be patient and to stand firm in anticipation of what lies ahead.

A few questions to think about:

- 1) When you struggle with being patient, what are things that you do to help you stay in perspective?
- 2) As you “stand firm”, what are some of the activities/mentoring disciplines that you are going to try to instill in your protégé?

Signs of Success

Do I encourage my protégé and remain non-judgmental?

TO DO's this month:

- Talksheet: *Physical & Mental Growth*, p 47-48
- Article: “Books as Mentors”
- Visit the YMCA together
- Visit the YH library and choose a book to read

Ideas to consider:

- Think of goals that your protégé might have and think of ways to reward their goals in these areas
- Think about visiting their school with them and letting them show you all of their classrooms, meet their teachers

Space to jot down thoughts/experiences:

I Timothy 4:12

“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity.”

Month 9 Social Skills

Signs of Success

Do I communicate with my mentoring coach and follow Youth Horizons Mentoring Policies?

Empathy & Compassion: A Value of YH Mentoring

“We have determined to make it a top priority to comprehend the lives and mind-sets of those we minister to, even to the point of initially preferring the activity of “understanding” over and above the activity of “being understood”, all of this being done with the same goal our Savior had of coming and walking in our skin for a while, to bear our burdens and to know us, and then finally to show us the way.”

People annoy and offend. By now, you and your protégé (and their family) have likely felt annoyed and imperfectly treated by each other. Some offenses were likely related to “world view” and are not moral or spiritual in nature. Let’s look at possible examples:

Annoyances:

You keep asking deep questions, but there’s no response *Your match forgot about your outing*
The mom keeps asking for grocery money *Grandma’s phone is disconnected...again*

One automatic goal in the midst of these “social collisions” is to keep annoyance from turning to anger. Another goal is to really comprehend how and why the family operates as they do.

But sometimes you will know that you have a “green light” to teach your protégé some social skills to get along better in the world. We encourage you in this when the opportunity is right. But first ask yourself these questions:

1. How is my own imperfect upbringing coloring my encounter with these people?
2. How can I use what I have learned and grown through in the past to delicately assist my protégé in becoming attractive and most useful to society?
3. In what way is my protégé missing opportunities to succeed in relationship-building with the most people possible?
4. How was I able to best receive constructive criticism when I was his/her age and people wanted to share such information with me?
5. What skills do I have to educate my protégé in good etiquette & social conduct?

“Mentoring is a patient process, not an “overnight miracle.” Many mentors wait years to see the dividends of the training they pour into their children. The time/energy you are investing **IS** breaking unhealthy patterns; you are having impact. Don’t forget, however, to keep asking yourself if there is something God is trying to change in your worldview by showing the unique beauty in someone else’s.” -Todd Thurman

Space to jot down thoughts/experiences:

Matt 25: 40b

“I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.”

TO DO’s this month:

Talksheet: *Dealing with Conflict*, p 27-28;
and/or

Talksheet: *Making Good Choices*, p 11-12

Article: “Working w/ Students from Poverty: Discipline”

Article: “Is your kid a nose-picker?”

Introduce your protégé to a more “formal” dining experience

Ideas for “formal” dinners:

- Go out to a nice restaurant
- Go to a tea room
- Make a nice dinner at home and set up all of the dinnerware/silverware to explain their uses
- Host a dinner party at your house with guests

Month 10

Knowing Your Match

Signs of Success
Do I always show respect for his/her family?

TO DO'S THIS MONTH:

Talksheet: *How I See You*, p 17-18

Article: "Helping Mentors Know their Strengths & Weaknesses"

Share your mentoring story with someone (i.e. pastor, group, friend)

Pray about continuing to mentor another year!

Psalms 10:14

"But you, O God, do see trouble and grief; you consider it to take it in hand. The victim commits himself to you; you are the helper of the fatherless."

Testimonials

"I have been with Danny since the year 2000 and we still get together quite often. He has never missed a Holiday not even St. Patrick's Day. Danny has always taken me somewhere on my birthday or the day after. He has helped me with my schoolwork. I have been able to talk with him when no one else would listen. He makes me feel like I'm actually part of his family."

-Kyle

"I am 14 years old. My mentor is Debbie, she has been my mentor for 4 years. Debbie has been a positive role model in my life and we spend a lot of time talking and listening to each other. Debbie will listen no matter what the topic is. I feel very privileged to have her as a mentor. And I think that I am fortunate to have her in my life. I couldn't have asked for someone better! We have had a lot of fun times in the past

and a lot more to come. We do a lot of different things. Sometimes we just hangout at her house with her family including her new baby granddaughter and other times we go shopping and go out for dinner. She has also taken a friend and I to the Earnest Alexander concert and I have witnessed her helping a family that I knew at Christmas time. I think that her family has really impacted my life in a good way and I thank her for that. Right before we were matched my father passed away and she has been there through both the ups and downs! I feel like I am welcomed in her family and she is welcomed in ours. Debbie has been a great mentor! I want to become a mentor like her.

-Courtney

"One day they told us that my grandpa had 1-2 days to live. After we had called my family, I called Pam. Pam, Bob, and 2 of their kids came up and prayed with us. On January 5 we had him committed to Hospice (Harry Hines). On January 7 (2 days after my 16th birthday), he died. On the Sunday after the funeral I went to Church with Pam. After the service it was still hard to go to class, so we left. Thank you and I love you, Pam.

-Nicole

"I know I can count on Dave to be there for me. I am very athletic and so is Dave we share that common interest. Dave is always there to encourage me not to win but to do my best. I appreciate Dave taking his time to make a difference in my life."

-Jordan

Space to jot down thoughts/experiences:

Pursuing Vision & Dreams

Ideas for Vision:

Watch *Pursuit of Happyness* (movie): A copy is available in YH's resource library

Go to a local college

Visit a professional in a career they like

Visit an air force base

Godly Vision: A Value of YH Mentoring

"We are committed to using the imagination God has given us to envision and to broadcast the brightest futures possible for those in our care, and to point them toward the necessary resources to use as stepping stones to get the people of our vision to where God is calling them."

As coaches, God has brought many people into our lives who have cast vision for us. Their foresight was so mobilizing and powerful for us. Whenever we could see their willingness to move heaven and earth to help us become the dream, we admired them so much.

Many children in our program have nearly nobody casting a Godly vision for them. So, how will they ever become the men and women God invites them to be? We know you want to help with this. And so it presents you with an awesome challenge. How will you know what vision to cast for them? Here are a few suggestions for this month:

- Take 30 minutes to ask God to show you what He's endowed your protégé with and how to paint a picture of their potential for them.
- Ask God to give you regular dreams and goals for your protégé's life. As God reveals them to you, considerately and optimistically share them with the child.

James 1:27b

"This is religion that God our Father accepts as pure and faultless, to look after orphans and widows in their distress and to keep oneself from being polluted by the world."

Signs of Success

Do I pray daily for my match?

TO DO's this month:

- Talksheet: *I Have Gifts*, p21-22
- Discuss their dreams & roadblocks to their dreams
- Read together the articles on Interviewing and Handshakes

Reminder:
Your mentoring coach will be calling to discuss another year of mentoring and to set up a meeting time with your family.

Space to jot down thoughts/experiences:

CELEBRATE!

SIGNS OF SUCCESS

DO I ATTEMPT TO REFLECT JESUS IN MY RELATIONSHIP?

SCRIPTURE READING: 2 THESSALONIANS 2:16-17

“May our Lord Jesus Christ himself and God our Father, who loved us and by his grace gave us eternal encouragement and good hope, encourage your hearts and strengthen you in every good deed and word.”

Congratulations! You are on the verge of fulfilling your initial promise to be a friend to a child who has not had many people keep their promises in the past. This is why we pushed you so hard; you have no idea how much you just showed one of God’s “loved ones” about His character of long-suffering and patience.

Now is the time to celebrate!



Be-

gin reading yourself to share favorite memories and photos of your times together in mentoring. We will guide you through this fun exchange at your anniversary meeting.

Psalms 35:9

“Then my soul will rejoice in the LORD and delight in his salvation.”

Our secret ambition this whole time has been that you might become a life-long friend of this child, seeing them through the highlights and lowlights of life with Christ’s discipleship. Continue to pray fervently about God helping you become a long time, human beacon of hope in your protégé’s life.

SPACE TO JOT DOWN THOUGHTS/EXPERIENCES:

ACTIVITY IDEAS:

- Read a magazine together
- Begin a project (such as painting a mural, building a birdhouse, etc)
- Have dinner together
- Make a yummy dessert and deliver it to a friend (or Youth Horizons Staff)
- Watch a movie

TO DO'S THIS MONTH:

SCHEDULE ANNIVERSARY MEETING

WRITE OUT A GREAT MEMORY TO SHARE AT THE MEETING

COMPLETE SURVEY & MAIL IN

THANK GOD FOR YOUR TIME MENTORING