



MENTOR MEMOS




OCTOBER 2010 Mentor Memo

Mentoring Boundaries

This month we would like to focus on holding boundaries in your mentoring relationship. When thinking about boundaries there **are three main rules** that must be followed. **First:** No overnight activities (camping or slumber parties). **Second:** Don't be alone with your mentee unless you are in a public place with others nearby. **Third:** Spend time doing constructive things that allow you to talk and learn from one another; movies and video games should be kept to a minimum.

First let's take a look at the number one rule. It is important that you are aware that as a mentor you are not allowed to have overnight activities. Even if the parents are ok with it this is something that is set in place and needs to be followed regardless. This way we can be sure that everyone is safe, which is unfortunately something we have to think about in our world today.

The second rule is one that I frequently have questions on. Not being alone with your mentee is really focused on not being in either your mentee's or your residence when no one else is there. If you show up and no one is at home with your mentee, stay outside and do your activity in the yard. If no one being home is a recurring problem then talk to the parents and ask when you can come over for an activity when they are there—simply tell them that it is a strict rule you have to follow. This again is for safety reason and should not be broken regardless of the situation. It is still ok to be in the car together when going to activities.

I personally feel that the third rule should be the focus of your mentoring. It is so important to create a relationship in which both you and your mentee can grow. Planning meaningful activities is what 4-H Mentoring is focused on and what we would like you to focus on. By creating and planning a variety of new positive activities you are giving your mentee a chance to expand his or her interest level and find new skills where he or she can find

success. This will also help with your mentee's social skills and will give them more "common ground" with other people.

It is important for you to not only know these ground rules but for your mentee to be aware of them also. If you haven't already, take some time to sit down and discuss the rules with your mentee. Also, talk about and decide together if there are any additional do's or don'ts you want to adhere to.

Things to look forward to

- Our biggest mentor event of the year is right around the corner so make sure you RSVP for our *Mentor Training* held on November 12th & 13th at Sundance—and don't forget to sign up to compete in the Mentor's Got Talent show for a grand prize of \$100! Ask your coordinator for more details.
- Halloween Carnival FNO @ Westmore Elementary on Monday October 25th from 6-7:30pm.



Fun October activity ideas

- Do the *Halloween Sport's Mastery!*
- Hike Stuart Falls at Sundance—very fun and easy hike with great autumn views!
- Help your mentee make a costume
- Get together and make some Halloween cookies, then watch a fun Halloween movie (I suggest *Hocus Pocus*.)
- Go pick out a pumpkin together and carve it (Macey's pumpkin's are 19cents/pound, Walmart's are \$3.88).

