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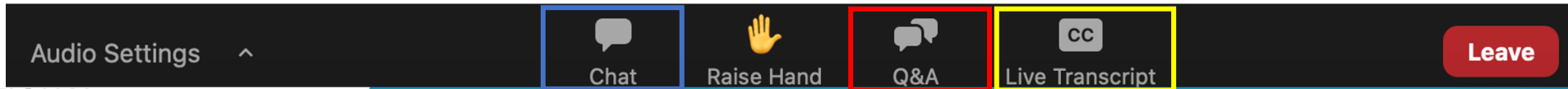
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# The Power and Importance of Peer Mentoring: Our Experiences

May 24, 2022

# Participate in Today's Webinar

- All attendees muted for best sound
- Type questions in the **Q&A** panel
- Type comments in the **Chat** box
- **Live captions** available in the panel by clicking on the “**CC**” at the bottom of the screen
- Respond to polls
- Who is with us today?
  - Type in the **Chat** to introduce yourself!
  - For all participants to see your message, change to “All panelists and attendees” in the Chat



# Good to Know...

**One week after the webinar, all attendees receive an email with:**

- Instructions for how to access a PDF of presentation slides and webinar recording

**Please help us out by answering survey questions at the end of the webinar.**

**These materials will also be posted on the OJJDP NMRC website, at [www.nationalmentoringresourcecenter.org](http://www.nationalmentoringresourcecenter.org)**



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# Agenda

- Introductions & Meeting All of You
- A conversation with Peer Mentoring Experts
  - Our Stories
  - Pitfalls of Peer Mentoring
  - What Contributes to Great Peer Mentoring?
  - Benefits of Peer Mentoring
- Answering Key Questions
- Further Resources & Our Peer Mentoring Guide



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# National Mentoring Resource Center & Office of Juvenile Justice and Delinquency Prevention

- This project is funded through a cooperative agreement from the Office of Juvenile Justice and Delinquency Prevention (OJJDP), Office of Justice Programs, & the U.S. Department of Justice.
- The NMRC builds on OJJDP's history, leadership, and investments in quality youth mentoring



# National Mentoring Resource Center Overview

## Key Components:

- National Mentoring Resource Center Website
  - Great Practitioner Focused Blog
  - Grantee Dedicated Part of Site
  - Numerous Research Vetted Resources
  - Evidence Reviews on Programs, Models, and Populations
- Research Board
- Training and Technical Assistance!
  - No-Cost Assistance For Your Youth Mentoring Program



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# About MENTOR

- Unifying champion for mentoring
- Thought and practice leader
- 4<sup>th</sup> *Elements of Effective Practice for Mentoring™*
- 24 state and local Affiliates



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# Who's in the room?

## Answer the poll!

(we will put these on the poll in Zoom)

Do you currently feel qualified to do peer mentoring?



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# Who's in the room?

## Answer the poll!

Do you think that there are enough peer mentoring resources out there?



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# Who's in the room?

Answer the poll!

What is your role in mentoring? (put in poll)

Mentor/Admin/Program Staff/Funder



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# Who's in the room?

## Answer the poll!

What do you wish you had more of for mentoring and peer mentoring?

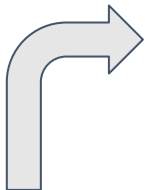


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# OUR NEW PEER MENTORING GUIDE



- What led to the creation of this guide?
- It's now available on the new NMRC website!



<https://nationalmentoringresourcecenter.org/wp-content/uploads/2021/12/NMRC-Peer-Mentoring-Guide-edited-11.2.21.pdf>

Written by: NMRC Youth Council  
Ivette Maza Cabrera  
Rachel Estrella  
Kyndall Miller  
Grace Thwin

# The Power and Importance of Peer Mentoring

A conversation & knowledge sharing



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# Introducing our Panelists



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# Our Panelists



**Rachel Estrella**

Rachel is a recent graduate from Duke University who majored in neuroscience and history. She has spent several years as a peer mentor through programs at her high school and university and has benefitted from peer mentorship in her undergraduate career. She has been a member of the National Mentoring Resource Center's Youth Advisory Council for a year and is continuing to work to make peer mentoring resources more equitable.

# Our Panelists



**Kyndall Miller**

Kyndall is a full-time student, writer, mentoring advocate, and aspiring lawyer from Covington, Kentucky. After being a mentee for four years, she served as a board member for her local mentoring program, Covington Partners, to help ensure that a student's perspective was shown in all mentoring-related decisions. Now a freshman at the University of Louisville, she pursues a degree centered around restorative justice and peace studies. Kyndall has worked with MENTOR National as well as the NMRC on youth advocacy and establishing one of the first official peer-mentoring guides.

# WHAT IS PEER MENTORING AND HOW DID YOU GET HERE?





# THE NMRC YOUTH ADVISORY COUNCIL

- Formed in spring of 2021
- Composed of young leaders who identify as youth mentees and peer mentors
- Convenes to provide thought leadership and guidance on ways to center and elevate youth voice and the mentee experience on the NMRC

## *On being a peer mentor*

**“ Being a peer mentor has been an incredibly rewarding experience, as I have been able to give back to the community and pass on the advice to others that I wish I had received. ”**

*Jocelynn, 17, Heritage HS, Wake Forest, NC*

**“ I have loved being a peer mentor. I believe it has bettered me in unimaginable ways. I have been given the privilege to counsel students from underserved communities and helped them to achieve all that they are capable of. ”**

*Emilee, 18, Pleasant Valley HS, Brodheadsville, PA*

**WHAT ARE THE POTENTIAL  
PITFALLS OF PEER MENTORING?**

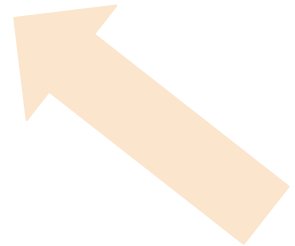
**DO YOU HAVE EXAMPLES OF  
WHAT COULD GO WRONG?**



# FROM THE GUIDE



Mentoring **will never be “one size fits all”**, meaning that each mentor and mentee match will have a **different and unique way** of interacting compared to another pair.



# FROM THE GUIDE



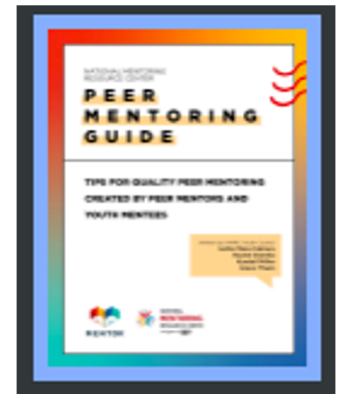
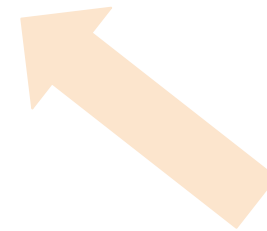
Many believe that mentoring only goes only one way - with the older person teaching the younger new things. **However, this couldn't be further from the truth.** A mentor and mentee oftentimes have a **symbiotic relationship** in which they both learn and grow together.



# FROM THE GUIDE



A mentor-mentee match will not always be perfect. Sometimes the connection doesn't happen immediately, and **that's completely okay!**



**WHAT HAS BEEN REALLY  
PRODUCTIVE IN DEVELOPING  
GOOD PEER MENTORSHIP?**

**WHAT CONTRIBUTES TO GOOD  
PEER MENTORSHIP?**

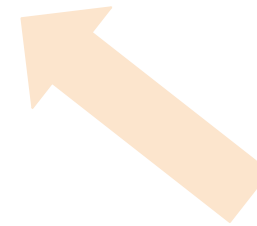


# FROM THE GUIDE



As a mentor, you may feel like you have a lot of knowledge or experiences to share. Despite this, **be mindful of not patronizing your mentee.**

Your mentee should feel like it is a **two-way, equal partnership** that you both have something to gain and learn from.

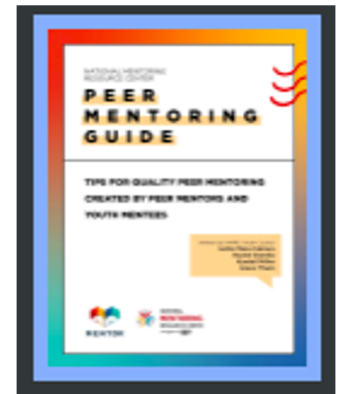
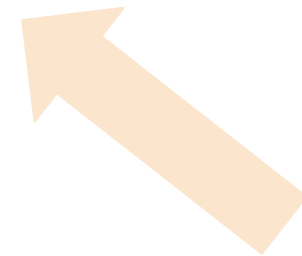


# FROM THE GUIDE



**Boundaries** are extremely important in building healthy relationships.

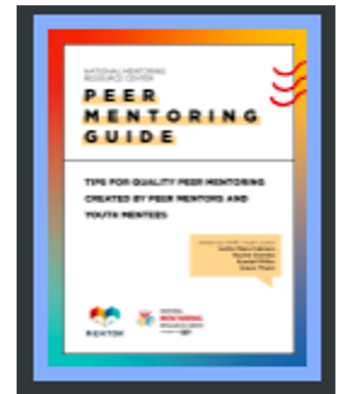
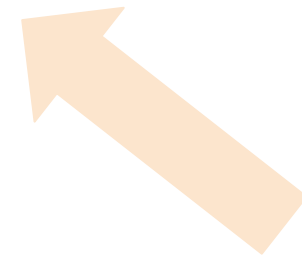
It's critical to create them to feel comfortable in your role as a mentor.



# FROM THE GUIDE



Some mentees may prefer virtual meetings, while others may prefer in-person. **Be sure to prioritize the safety and comfort of both yourself and your mentee.**

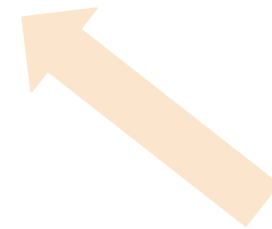


# FROM THE GUIDE



Try your best to **be actively mindful of the differences between you and your mentee** when it comes to different lived experiences and identities.

We suggest asking yourself the questions “In what topics should I seek to educate myself on to best serve my mentee?” and “How can I account for our differences?”



# FROM THE GUIDE

Rely on reaffirming statements like



**“How do you feel about that?”**

**“Is there anything you are worried about?”**

**“What do you need to help accomplish this goal?”**

**“How can I support you?”**

Statements such as these will help your mentee feel like they still have control, but have support if they need it.



**WHAT ARE SOME BIG  
TAKEAWAYS FROM YOUR PEER  
MENTORING EXPERIENCE?**

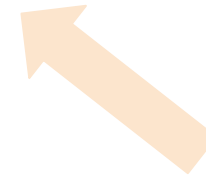
**WHAT DO MENTORS & MENTEES  
HAVE TO GAIN FROM PEER  
MENTORING?**



# FROM THE GUIDE



Becoming a peer mentor lets you cultivate your **interpersonal and communication skills**, and helps you learn how to best set boundaries and expectations for any future relationships you develop!



# FROM THE GUIDE



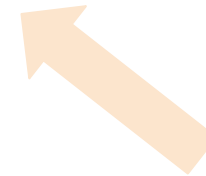
Peer mentoring allows you to give back to youth in your community.



# FROM THE GUIDE



Becoming more self-aware of your strengths and areas of improvement will allow for better relationship building in any environment you may come across.



# Answering Key Questions from Our Audience



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# Don't forget to download the guide from the NMRC!



<https://nationalmentoringresourcecenter.org/wp-content/uploads/2021/12/NMRC-Peer-Mentoring-Guide-edited-11.2.21.pdf>

## *On being a peer mentee*

“ Being a peer mentee has helped me so much with my transition from high school to college, I can't imagine what it would have been like without someone my age guiding me through the process. ”

*Amanda, 18, Newton HS, Newton, KS*

“ I really enjoyed my experience with having a peer mentor. They exposed me to many opportunities to gain experience in my field. I also gained a dear friend! ”

*Emma, 16, Riverside HS, Durham NC*



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# And check out more resources on Peer Mentoring!



Peer Mentoring Supplement to the  
*Elements of Effective Practice for  
Mentoring™*

on the NMRC website!

<https://www.mentoring.org/resource/peer-mentoring-supplement-to-the-elements-of-effective-practice-for-mentoring/>

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# And check out more resources on Peer Mentoring!



## NMRC Peer Mentoring Key Topics Page

on the NMRC website!

<https://nationalmentoringresourcecenter.org/resource/peer-mentoring/>

-

What does the research say about peer mentoring?



What does the NMRC offer on peer mentoring?



Office of Juvenile Justice and Delinquency Prevention (OJJDP)'s Investments in Peer Mentoring



Select Additional Reading and Resources



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# And check out more resources on Peer Mentoring!



## Building Effective Peer Mentoring Programs in Schools

on the NMRC website!

<https://nationalmentoringresourcecenter.org/resource/building-effective-peer-mentoring-programs-in-schools-an-introductory-guide/>



This guide provides recommendations for coordinators of cross-age peer mentoring programs in schools, in the areas of program design; participant recruitment, screening and selection, training; and match activities, as well as planning tools for program coordinators.



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# And check out more resources on Peer Mentoring!



## The Peer Mentoring Handbook for Mentors

on the NMRC website!

<https://nationalmentoringresourcecenter.org/resource/peer-mentoring-handbook/>

The Mentoring Partnership  
of National Mentoring Resource Center  
**Peer Mentor Handbook**



This resource offers advice, strategies, and other information to older youth who will be serving as peer mentors to younger children in school and community settings.

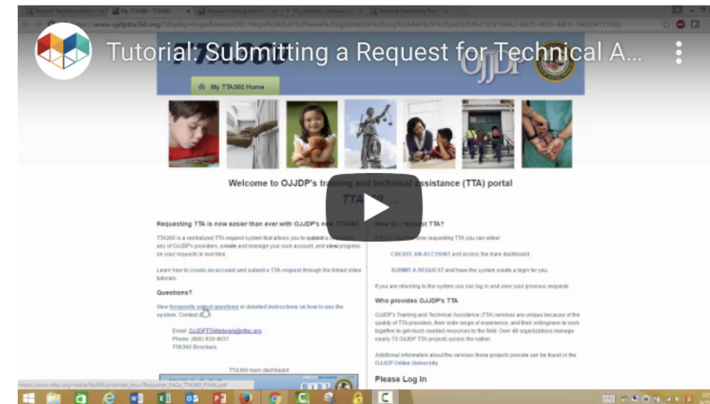
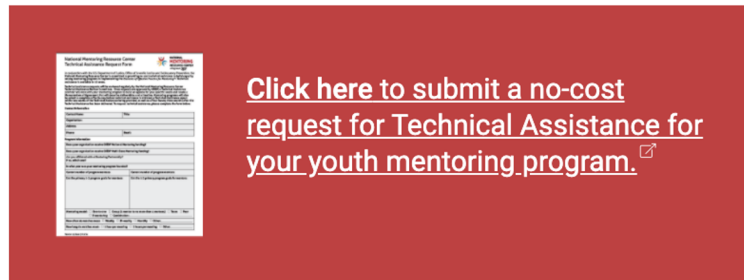


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# Request No-Cost Help for your Youth Mentoring Program

## Request no-cost help for your youth mentoring program

The National Mentoring Resource Center provides no-cost technical assistance to youth mentoring programs around their individual needs and the improved implementation of specific mentoring practices. Requests are now submitted through OJJDP's centralized technical assistance site, TTA360.



# Thank you!



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# Disclaimer

**Office of Juvenile Justice and  
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# OJJDP

**The opinions, findings, and conclusions or recommendations expressed in this program are those of the author(s) and do not necessarily reflect those of the Department of Justice.**



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