



Mentoring Youth Who May Have Experienced Trauma

Strategies for Building Strong Mentoring Relationships

- Understand mentee through a trauma-sensitive lens
- Provide authentic empathy and attunement
 - “No-matter-what” caring
- 5:1 ratio for relationship “deposits” to “withdrawals” (ratio of affirmations to criticisms/confrontations)
- Do not take mentee’s behavior personally
- Provide student with a different response than the one they typically get
 - Listening, attempting to understand vs. judgment and admonishment
- Avoid blaming
 - Reframe current situations as relational/contextual factors vs. personal failure
- Convey hope and empowerment
- Acknowledge mistakes when they happen and find healthy ways to move on
- Connect with student’s other caregivers
- Be a strong advocate for your mentee

Quick Tips Supporting Yourself Throughout the Day

- Do not take things so personally
- Have realistic expectations for yourself
- Simplify things when possible
- Give yourself a brain break
- Drink water
- Treat yourself to something you enjoy
- Address the positive
 - Acknowledge and savor something positive that happens in your sessions
- Check in with yourself when you feel "your rider falling off your horse"
 - Stop and ask yourself, “What is happening here?” “What do I need?”
- Decompress at the end of the day
 - Participate in everyday rituals
 - Listen to music
- Know that you are doing the best you can, given the deck of cards you have been handed at any moment
 - This self-compassion can help you do better next time

Healing Resources

- **Resilience** <https://www.apa.org/helpcenter/road-resilience.aspx>
- **Greater Good Science Center** <https://ggsc.berkeley.edu>
- **Collaborative Problem Solving** <https://www.livesinthebalance.org>
- **Mindfulness** www.mindfuleducation.org & <https://www.mindfulschools.org>