

Bright Futures Mentor/Lunch Buddy Training

BE A POSITIVE ROLE-MODEL

- How you talk. What you talk about. How you dress
- Be committed. If you make a commitment to mentor a student, be sure to follow-through
- Be punctual. If an emergency comes up and you need to reschedule, please let the school know.
- Be friendly. Be approachable.
- Be truthful. Be genuine.
- Do not talk down to the student.
- Always compliment the positives. Look for positives to compliment.
- Encourage the student.

COMMUNICATION

- The key to good communication is listening
- Reflective listening. (Repeat back what they said to you in your own words.)
- Ask open-ended questions.
- Be aware of your non-verbals.
- Do not overreact to what they tell you.
- Be aware of your personal biases.

CONFIDENTIALITY

- You must maintain confidentiality outside of school personnel. Do not talk about students or their families to other people.

MANDATED REPORTERS

- Do not promise to keep secrets.
- If a student visits with you about harming themselves, harming other, or being harmed by someone else, you must report this to school principal immediately.
- We are not investigators.