



# Y'S GIRLS MENTORING

Enabling girls to belong,  
contribute and thrive



## INFORMATION FOR GIRLS

### **What is Y's Girls Mentoring?**

Y's Girls Mentoring pairs adult volunteer mentors with girls and young women aged 9–14 years old, to help them develop their interests and achieve their potential.

### **Who will the mentor be?**

The mentor is an adult who is matched with you based on shared interests. The mentor invests their time on a voluntary basis, and they often feel they have something to offer or give back to their community. They undertake training and relevant safeguarding checks before becoming a mentor on the Y's Girls project. The mentors are supported by a Project Coordinator and feed back to them about progress.

It is really important that we continually improve our service; therefore, we will regularly ask you for your feedback and ideas so that we can be our best.

### **What will the mentor do?**

The mentor will meet you initially at home or somewhere familiar, and you will be introduced by the Y's Girls Project Coordinator. The mentor will meet you every week for around 1.5–2 hours to get to know you, understand more about your interests. The mentor will help you access activities you enjoy and try new things. Over the course of the mentoring relationship, they will listen and provide a non-judgemental space to seek advice and support, as well as work with you to help you set and achieve goals (both big and small).

## Where do I meet the mentor?

The mentor will meet with you in public places and use local facilities for activities. While the mentor and you will get to know each other well, it is important for the mentor to remain a mentor, helping you to achieve goals, rather than a friend.

## How long is the programme?

Although you will tend to meet with the mentor weekly, the mentoring itself will be centred around your goals, so the contact can change over time. The programme lasts for around a year, as it takes time to build relationships, talk openly and share interests.

## Do I have to meet with the mentor?

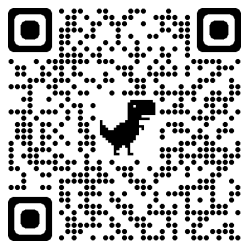
Meeting with the mentor is totally optional and voluntary. You can opt out at any time. However, the mentor's time is valuable; if you cannot make a meeting, it is good to let the mentor and/or the Project Coordinator know in advance.

## What if we don't get on?

The Project Coordinator will always try their best to match young people and mentors so that you both have a positive and fulfilling experience. If you find you don't connect or share basic interests with your mentor, you can get in contact with the Project Coordinator to discuss this in confidence at any time.

## What information do you share with others?

The mentor fills out an anonymised sheet to feed back to the Project Coordinator about progress towards your goals, which is held on a secure system. There may be occasions when the Project Coordinator thinks it would help you achieve your goals if some information was shared with other people, e.g. your teachers may be able to help you if they were better informed. We will never share any information about you with anyone without your agreement EXCEPT if you are at risk of significant harm. We take your right to privacy very seriously. Ask your Project Coordinator about our informed consent policy.



### CONTACT US:

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Y'S GIRLS  
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Department for  
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Garfield Weston  
FOUNDATION



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.