



Your first session as a new MENtor

It is best to:

- Prepare for your session and explain in detail what is going to happen, before you engage in any activities.
- Be sensitive.
- Avoid “strange” or “distracting” language and behaviour.
- Establish language preferences before the meeting to ensure that everyone understands and feels included.
- Your group should always be a safe space – a place to belong.
- Remember that safety is key – encourage the boys to stretch their boundaries in a safe and secure environment.
- Always encourage participation.
- Teach the boys that “I can’t” is not in the TCC vocabulary – replace it with “I don’t know how to yet”.
- Make use of our activity partners.
- Include an ice breaker activity for MENtor and boys to get to know each other (refer to our “ice breaker ideas” for more on this).
- The 5 values will be discussed and incorporated at every session – make sure you know them! 😊