

Activity: Session 1 WELCOME

Objective: Get to know names of all mentors and protégés and give an overview of the program.

Materials Needed

- Two large pieces of butcher paper or easel paper
- Markers for everyone
- Tennis Ball (1)

Sign In and Welcome

Mentors should greet the protégés and show them where to sign in

Introductions/Icebreaker – “Ball Toss”

- One mentor asks the group to stand in a circle. Explain that we are all going to introduce ourselves.
- One mentor states his/her name and tosses the tennis ball to the next person who will introduce him or herself and so on. Allow this to continue until everyone in the group has tossed the ball a few times.
- Then the rules change, now when players toss the ball they will say the name of the recipient instead of their own. Continue this until everyone has tossed the ball a number of times.

Program Explanation

Have the group sit in a circle. Mentors will take turns explaining the FNL Mentoring program. Mentors will: Explain what the program is about; where they will meet; how often they will meet and what time, and how each session will be formatted. Allow for any questions from the group during your presentation.

Group Agreement

Tape up large butcher paper in front of classroom.

Explain to the group that together they will be creating a “Group Agreement” or a set of rules and expectations for everyone to follow during meetings.

- First, the group is going to brainstorm ideas for what those rules and expectations will be. Remind the group that during brainstorming all ideas are accepted, no ideas are dumb, and everyone can share equally. (*Eventually, the goal will be to have a list of 7-10 final rules and expectations.*)
- Have the group raise their hands and share ideas. Write down all ideas on the butcher paper until there are approximately 15-20 ideas.

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- Explain that now the group is going to select 7-10 ideas to create the final “Group Agreement.” Each person gets a marker and a chance to put a star next to two ideas on the butcher paper that they feel are most important. The ideas with the most stars will be used for the “Group Agreement.”
- Label a new piece of butcher paper “FNL Mentoring Group Agreement.” Neatly write down the 8-10 new rules/expectations, leaving room at the bottom for everyone to sign the agreement.

Review the agreement one more time and make certain everyone understands it. Explain that the “Group Agreement” will be read at the beginning of the next few meetings.

Sample list of ideas:

- | | |
|----------------------------------|---|
| No interrupting | Have Fun |
| Keep things private in the group | Ask questions when you don't understand |
| No name calling | Be positive |
| No put downs | Be respectful of other's opinions |
| Be yourself | Be a positive role model to the group |
| Be on time | |

Confidentiality and Child Abuse Reporting Explanation: *FNL staff person will be a part of this discussion.*

Explain to protégés the following:

Everything that is said during meetings and during one-on-one time will be kept confidential and private amongst the group unless the mentor feels that what is being shared poses a danger to the protégé or someone else. In that case the mentor must inform the FNL staff person and necessary steps will be taken. This is to insure the safety of everyone involved.

Share the following examples:

- If a protégé shares that they are being threatened by someone at school
- If a protégé shares that a relative is hurting them physically or emotionally
- If a protégé shares that someone they know is being hurt

Ask if there are any questions. Inform protégés that they can ask questions at any time in the future either during group time or in private.

Closure

Thank everyone for coming and for actively participating. Remind them when they will meet next, where, and at what time. Encourage everyone to attend.

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