



Big Brothers Big Sisters

Proudly Presents...

MENTORING WORKS!

Healthy Bodies • Healthy Minds • Healthy Lifestyles



**Promoting Healthy Communication
Between Mentors, Parents
and Children**



**Building a child's future through the friendship
and guidance of mentoring...**



Manual published by:

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**MESSAGE FROM THE EXECUTIVE DIRECTOR OF BIG BROTHERS BIG SISTERS
ABBOTSFORD, MISSION, RIDGE MEADOWS**

Dear Reader,

It is with great pleasure that we present **Mentoring Works!**, a compendium of resources designed to provide essential information and to facilitate dialogue. This resource has been developed for use by **Big Brothers Big Sisters Abbotsford, Mission, Ridge Meadows** based on the questions that are raised by children, their parents, and mentors. We hope the information following is also relevant to other individuals or organizations that work with youth and for whom the information is generally relevant.

Children and families, along with their support network of community, extended family and volunteer mentors are faced with many life questions and frequently have limited factual information. We believe that it is an honor to be asked these hard questions and that it is our obligation to provide an answer, without venturing into the delicate domain of a family's unique values. We have chosen fifteen topics for this initial publication and hope that you find it relevant, useful and bold. We look forward to your feedback and encourage you to contribute and make this resource grow. We believe that openly and honestly responding to "edgy" questions contributes to healthy social development and leads to more responsible decision making.

If you are interested in contributing toward the development of **Mentoring Works!** please see **Appendix 1 – Note to Contributors** for writing and submission guidelines.

We would like to acknowledge our Panel of Reviewers who generously donated their time and expertise in reviewing the articles for accuracy and focus. To learn more about our reviewers please turn to **Appendix 2 – The Review Panel**.

Our sincere thanks to all those involved and to the readers who care enough to help make a difference in the lives of our youth. Particular acknowledgment to the Fraser Valley Child and Family Development fund, University of the Fraser Valley for their financial assistance to produce this resource

David Sheach, Executive Director
Big Brothers Big Sisters Abbotsford, Mission, Ridge Meadows.

THE REVIEW PANEL

We would like to acknowledge our Panel of Reviewers who generously donated their time and expertise in reviewing the articles for accuracy and focus. For more information on these individuals and organizations, including a list of the articles they reviewed, please see **Appendix 2: The Review Panel**.

- ABBOTSFORD HOSPICE SOCIETY (*Grief and Loss*)
- BC DENTAL ASSOCIATION (*Oral Health*)
- DR. JASON BRANDENBERG, PhD (*Nutrition*)
- THE CENTER FOR EPILEPSY & SEIZURE EDUCATION IN BRITISH COLUMBIA (LAURA YAKE) (*Epilepsy*)
- MAEVE CHAMBERLAINE, YOUTHCO AIDS SOCIETY (*HIV/AIDS, Hepatitis*)
- DANIELLE CHARD, OPTIONS FOR SEXUAL HEALTH (*Hepatitis, Herpes*)
- CECILIA CODOCEO, RSW (*Relationship Violence, Suicide Prevention, Self-Harm*)
- WILLOW DUNLOP, YOUTHCO AIDS SOCIETY (*HIV/AIDS, Hepatitis*)
- ROSALYN FRANCIS, B.Ed., MA (*Self-Harm, Suicide Prevention*)
- FRASER HEALTH: HEALTHY LIVING, HEALTH PROMOTION AND PREVENTION (*Nutrition*)
- TONY LAPOINTE, MA, RCC (*Addiction, When a Parent is Mentally Ill*)
- DR. ROBERT LEES, PhD, Psych (*Addiction, When a Parent is Mentally Ill, Self-Harm, Suicide Prevention*)
- GERWYN MILLS, RN, MA (*Hepatitis, HIV/AIDS, Addiction, Self-Harm, When a Parent is Mentally Ill*)
- MARIE O'CONNELL, RN (*Hepatitis, Herpes*)
- CST. KRYS PAPIUS (*Internet Safety*)
- SAFE ONLINE OUTREACH SOCIETY (MERLYN HORTON) (*Internet Safety*)
- DEAN SPYROPOLOUS, THE FRASER VALLEY YOUTH SOCIETY (*Fitting In, Hepatitis, HIV/AIDS*)
- ST JOHN AMBULANCE (KIRSTEN YAFFE) (*First Aid Awareness*)
- KIM STUCKLESS, Ed. Psych (*Fitting In, Grief and Loss, Suicide Prevention*)
- DR LIONEL TRAVERSE, MD (*Epilepsy, First Aid Awareness, HIV/AIDS*)
- MS BEV WALCOTT (*Addiction, When a Parent is Mentally Ill*)

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A NOTE ON THE USE OF THIS MANUAL

The purpose of this manual is to **inform** and **educate Mentors, Parents and Children** on important topics facing children and youth today. This manual is intended for a primary audience of **mentors and parents**, but has been written at a **middle school level** so youth can get involved in the discussion. We recommend parents and mentors use this manual in consultation with their children, rather than offer this manual to a child as an alternative to initiating a conversation.

This manual is a guide and is limited in its scope. It is meant to be augmented with additional research and consultation with professionals. Resources vary widely and many organizations mentioned in the manual are specific to British Columbia and the Lower Mainland. We recommend investigating resources available in your area, in addition to national organizations referenced in this manual. Each article was reviewed by members of our reference panel with expertise in that field.

Here are a few suggestions and tips to help you get the most out of this valuable resource:

- **Review all the articles in the manual**, not just the ones you think affect your **Little**. You never know which topics will come up in conversation and you will want to be prepared.
- **Open Dialogue Between Children, Parents and Mentors** by letting each other know you are willing to discuss any issues relevant to each others' lives.
- **Use the articles as a starting point to facilitate discussion** between you and your **Little** on issues about which you may feel under informed or that are immediately pertinent to the child in your life.
- **Keep an Open Mind** when your **Little** comes to you with a concern. Help him or her look over the related article and discuss how the two of you can work toward solving the problem. Take them to the library to check out the books suggested at the end of each article, or surf the provided online resources for more information.
- **Tell your Mentoring Coordinator, Doctor, or other Professional** when questions or issues come up that you are not prepared to deal with. This will not only assist you in receiving accurate and helpful information, but will also help to determine future needs for articles, based on common concerns for families.