

# CHOOSING A MENTORING MODEL

## MENTORING MODELS TOOL

### Mentoring Models for Survivors of CSEC

This tool was developed for the [Shining Light on Commercial Sexual Exploitation: A toolkit to Build Understanding](#). Please read the *Mentoring Models for Survivors of CSEC* module before you continue. It is important to choose a model with the specific needs of CSEC survivors in mind. Once you have chosen a model with youth input, you have a clearer direction for recruiting, training, and supporting mentors and mentees alike. Understanding your model allows for growth and change as you evaluate your program.

### Components of a Mentoring Model

Form & Type	Location	Purpose	Mentor Type*	Focus		
<input type="checkbox"/> Natural ( <i>informal, organic</i> ) <input type="checkbox"/> Assigned ( <i>formal</i> )  -AND-  <input type="checkbox"/> Traditional (1:1) <input type="checkbox"/> Group (1: up to 4) <input type="checkbox"/> Team (Multiple: Multiple) <input type="checkbox"/> Peer Mentoring <input type="checkbox"/> E-mentoring <input type="checkbox"/> Blended or Combination	<input type="checkbox"/> Community ( <i>Meet freely in community</i> )  <input type="checkbox"/> Program site ( <i>Meet at agency</i> )  <input type="checkbox"/> Other _____	<input type="checkbox"/> Developmental ( <i>Overall development of a person</i> )  <input type="checkbox"/> Prescriptive ( <i>Focused on specific goal(s) like education, finances, employment</i> )	<input type="checkbox"/> Community members  <input type="checkbox"/> Survivors or Individuals with lived experience  <input type="checkbox"/> Trained Care Providers ( <i>target professionals with specific education backgrounds</i> )  -AND-  <input type="checkbox"/> Paid <input type="checkbox"/> Volunteer	<input type="checkbox"/> Structured ( <i>curriculum, schedule activities</i> )  <input type="checkbox"/> Organic ( <i>let activitie and relationship form naturally</i> )  <input type="checkbox"/> Blended ( <i>provide direction but allow flexibility</i> )  <input type="checkbox"/> Other _____		
Youth Feedback to Inform Model:						
Community Considerations to Inform Model:						
Our mentoring model is: _____						
	Form	Type	Location	Purpose	Mentor	Focus

Key elements to include in your mentoring model: [trauma informed](#), [victim-centered survivor-informed](#), [positive youth development](#)



## Other Guiding Questions

### General Information

- What does CSEC look like in your community? (It may look different depending on the population (e.g. system-involved, boys, runaway & homeless, immigrant/refugee, LGBTQ+, etc.)
- What are the needs of the youth you serve?
- What have they shared that would be helpful to them?
- What resources does your community have?
- What risks does your community have?

### Form & Type

- How will youth feel most comfortable?
- Do you have enough mentors for 1:1 mentoring?
- How many youth will be matched with a mentor?
- Will you do a blended variation? What will that entail?
- What are the benefits and concerns for each type of mentoring?

### Location

- Where are you already serving youth?
- In what locations/settings will mentees feel safe with mentors?
- What areas of the community may be unsafe for mentees?
- How will you prepare mentors to consider these safety concerns?
- Are there existing partnerships that can be leveraged (school, etc.)

### Purpose

- Does your agency have an existing specific focus?
- Do youth have specific goals they would like to achieve in regards to their mentoring relationship (i.e. education, employment)?

### Mentor Type

- What is the capacity of your community to provide mentors?
- Do you have access to mentors with backgrounds in helping professions?
- How much time, energy and money do you need to invest in training community members?
- How can you support individuals with lived experience in becoming mentors?

### Focus

- Do you have a specific curriculum, structure or activities you want mentors to follow?
- Do mentors have enough training, support, and confidence to let relationships occur naturally?
- What is your capacity to develop structure and/or host activities?