

## **Components of Effective Mentoring**

Older children in hostile family surroundings usually gain most from mentors who may be able to make up for family inadequacies. The satisfactory association between mentor and mentee is influenced by the following traits.

The mentor:

- understands the mentee's hesitation to trust;
- understands that initially, the relationship may be one-directional;
- recognizes the youth's interests and takes them seriously;
- does not coerce disclosure of personal information;
- offers reassurance;
- offers assistance to solve problems on the youth's own conditions;
- endeavors to relate to the youth's experience;
- tries to understand the youth's family; and
- carefully selects interactions with the youth's family.

## **Ineffective relationships exhibit the following characteristics**

- the youth's interests are not considered or acknowledged;
- the youth is compelled to reveal private information;
- the adult is critical of the youth;
- the adult lectures to the youth;
- the adult does not comprehend the youth's family, social class, or culture; and
- the adult is excessively involved in the youth's family.

An effective mentoring program cultivates the adult-youth association by providing companionship, rather than interfering in the privacy of the youth's family life.

This information is provided by the Office of Prevention, Texas Youth Commission, P. O. Box 4260, Austin, TX 78765. Telephone (512) 424-6336 or e-mail [prevention@tyc.state.tx.us](mailto:prevention@tyc.state.tx.us)