

Eagles Care-

*Social and
Emotional
Development*

***Goal is to create an environment
where youth support one another to
make a positive difference
through.....***

- Peer mentoring training
- Social and Emotional skill building

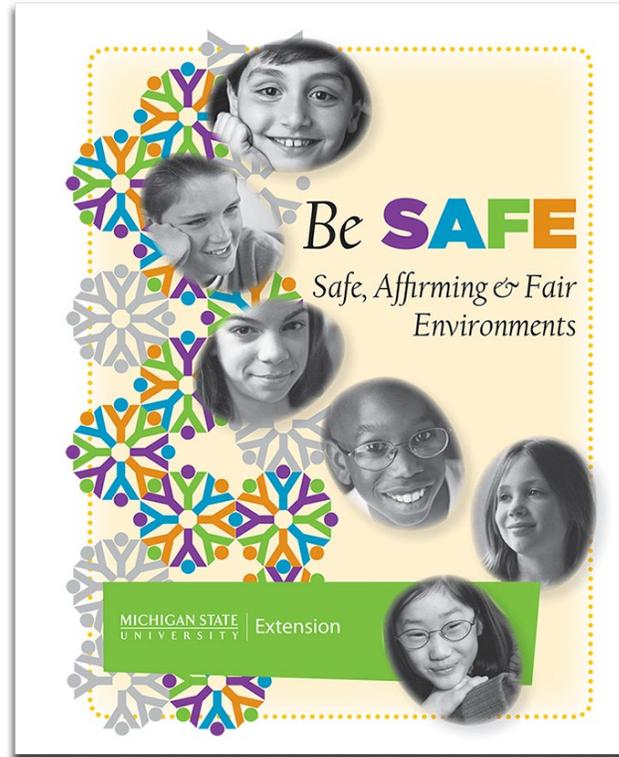


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I ILLINOIS

Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES



- Be Safe curriculum
<https://shop4-h.org/products/be-safe-affirming-fair-environments-curriculum>

- Ready to Go -Mentoring
<https://shop4-h.org/collections/diversity-inclusion-curriculum/products/ready-to-go-mentor-training-toolkit>

MICHIGAN STATE UNIVERSITY | Extension

**Ready to Go:
Mentor Training Toolkit**



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Training Session Topics

- Branding – personal and family
- Personality Awareness-self and others
- Coping Skills
- Importance of Team Building
- Emotional First Aid
- Role Models – positive/negative
- Definition of Difference Makers/Mentors
- Self-Awareness – mood, thoughts, emotions
- Empathy awareness
- Cultural awareness
- Relating to others



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Discussion Circles (led by Guidance Counselors)

- Branding at the school
- Brainstorm ideas to improve school climate
- Impact of positive role models
- What a “difference maker/mentor” does
- Discussion with Principal
- Social Media influences
- Parent relationships
- Peer influence
- Challenge activities - can get creative and involve participants in identifying challenges
- Determine action steps



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Teen mentor stated....(At a State-wide 4-H all-staff meeting)

It really opened my eyes when I realized that so many of my peers were experiencing or feeling the same pressures that I was feeling. I thought I was the only one who felt this way. It means so much to be having these big conversations with people who were not really individuals I normally did things with or talked with, but we have this in common. It changed my life and how I looks at others in my school. It changed my life.”



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Action Outcomes- Examples

1. Helping others realize it is okay to struggle
2. Recognizing issues with Self-Esteem
3. Teens as Teachers to teach younger grades about Social and Emotional Development
4. Resisting stereotypes
5. Connecting with the Gap with Parents



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Continuation....

- Retention rate- 100%
- Morning sessions- Train new members
- Afternoon sessions-discussion circles
Includes previously trained members
Topics vary with discussion circles



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Best Practices

- Develop partnership with School Administration
- Align with existing school model
- Strategize training session format (location, day of week, time frame etc.)
- Nomination Discussion



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Role of the School

- Administrative Support
- Secure Location
- Nomination/Recruitment
- Participant Contacts
- Meet with Extension for planning



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Role of Extension

- Provide 4-H Enrollment Information
- Provide Training for all sessions
- Promote positive, safe, inclusive environment
- Provide discussion time, team building and other educational resources
- Collaborate with Guidance Counselor
- Meet regularly with school administration
- Funding to support Teen Mentoring training and resources for youth participant activity resources provided by Illinois 4-H Foundation and community supported donations after first year

