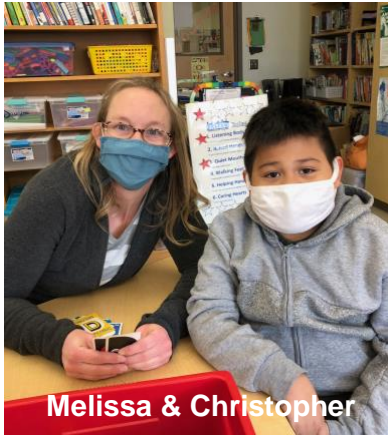


Grand Area Mentoring / 435-260-9646

## Why We Mentor



Melissa & Christopher



Khloe & Sandy

### Helping Mentees Avoid Drugs

*Adapted from Turning Point Centers' How to Talk to Your Child About Drugs & Alcohol*

During the tween, preteen, and teenage years, children may begin to assert their independence and question authority. However, they need responsible adult input and advice more than ever. In fact, when it comes to the issue of drug and alcohol use, this is one of the most important times in your mentee's life.

### Teach your mentee how to decline drugs and

**how to stick to that choice.** Do some role-playing. Pretend you are one of your mentee's peers and offer them drugs or alcohol. Talk about how they can respond and what they should do. Have them come up with a few quick and easy responses.

**Empower your mentee with decision-making skills with their peers.** Support your mentee's choice in style. They can be unique and independent.

**Help build your mentee's confidence.** Puberty can erode self-confidence and cause them

### Strength-Based Mentoring **PART 3!** a live training (via Zoom) with Charlie Appelstein!

During this session on February 23<sup>rd</sup>, Charlie will discuss a new array of strategies to help your mentee thrive, focused on being positive, looking ahead toward a better future, and recognizing the unique value of each student. Part one and two were popular! Charlie will build upon topics covered previously, *but this will be a great stand-alone course!* Join us :)

**Who:** Moab mentors (+ GCS D staff & youth-serving professionals)

**When:** February 23<sup>rd</sup>, 5-6pm, Zoom

**Link:** will be sent via email. Contact [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com) to register, if you're not already on the mentor list serve.



**"You're big, you're powerful, and you're going places."**  
—Charlie Appelstein



### This Month in Mentoring

- **February 12:** Deadline for requesting a copy of Nonviolent Communication. See reverse.
- **February 15: President's Day.** No school.
- **February 23, 5-6pm, via Zoom: Strength-Based Mentoring Part 3 with Charlie Appelstein.** Please join us; there are no prerequisites. See box above.
- **March through May: Nonviolent Communication Book Club.** If you'd like to be part of this, please email us at [grandareamentoring@gmail.com](mailto:grandareamentoring@gmail.com) to request a copy of the book. The first discussion will take place via Zoom on March 16<sup>th</sup>. Deadline for requesting a book: February 12<sup>th</sup>. See reverse.

at times to feel doubtful, vulnerable, and insecure. During these years, give your mentee genuine positive reinforcement and sincere gratitude. Compliment good choices.

**Help mentees know what's "real" in the media.** Ask lots of questions to reinforce the distinction between what is real and make-believe. Even reality TV isn't the "real world," and make sure your mentee is aware of that. Remind them that drugs and alcohol don't have the positive outcomes that are portrayed in the media. Also, teach them the tricks advertisers use to lure consumers into false thinking.

**Encourage healthy, creative activities.** Help your mentee be involved.

## Grand Area Mentoring

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Megan 435-260-9645  
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Above, Kobi and Julie, below, Ahzure & Jean – at WabiSabi! Thank you for making Wabi Bucks for Mentees happen!



Mark & Owen

## Mentoring Idea of the Month: Join our Nonviolent Communication book club!

This book club will run March 16<sup>th</sup> through May 18<sup>th</sup>. Goodreads features the following summary:

*Do you hunger for skills to improve the quality of your relationships, to deepen your sense of personal empowerment or to simply communicate more effectively? Unfortunately, for centuries our culture has taught us to think and speak in ways that can actually perpetuate conflict, internal pain and even violence. Nonviolent Communication partners practical skills with a powerful consciousness and vocabulary to help you get what you want peacefully.*

*In this internationally acclaimed text, Marshall Rosenberg offers insightful stories, anecdotes, practical exercises and role-plays that will dramatically change your approach to communication for the better. Discover how the language you use can strengthen your relationships, build trust, prevent conflicts and heal pain.*

We will gather via Zoom for sharing and discussions 5-6pm on March 16<sup>th</sup>, April 6<sup>th</sup>, April 20<sup>th</sup>, May 4<sup>th</sup>, and May 18<sup>th</sup>. **We will order a book for each mentor who wants to participate.** You aren't required to attend every discussion; join us for as many talks as able.

### Important dates:

- February 12<sup>th</sup>: Deadline for requesting a book (Please send an email with your request to grandareamentoring@gmail.com)
- March 1<sup>st</sup>: Book distribution will take place around this date
- March 16<sup>th</sup>: Chapters 1, 2, and 3
- April 6<sup>th</sup>: Chapters 4, 5, and 6
- April 20<sup>th</sup>: Chapters 7, 8 and 9
- May 4<sup>th</sup>: Chapters 10, 11, 12
- May 18<sup>th</sup>: Chapters 13 and 14

From Deepak Chopra's introduction: "No one deserves our gratitude more than the late Marshall Rosenberg, who lived his life just as the title of one of his books states: Speak Peace in a World of Conflict..." And "Marshall's approach to conflict resolution[:] getting people to exchange words in a way that excludes judgements, blame, and violence."

As a preview, consider listening to Rosenberg's podcast episode entitled "The Power We Have to Create the World of our Choosing," which can be found with a simple podcatcher or internet search.

