

MATES

Its aim is to broaden opportunities for young people by keeping regular contact with an older, more experienced adult who can encourage them through the final years of school and help develop their strengths, skills and goals for the future.

MATES is based on:

- Self respect and respect for others
- The right to learn and reach one's potential
- Meaningful and caring relationships
- Each person's unique qualities and intrinsic worth
- Opportunities rather than barriers

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Mentors are committed to supporting a young person, sharing their interests and developing their skills.

Mentors and young people decide where and when they will meet and what activities they will do together.

They can keep in contact using text, email or social media.



Pyramid Hill MATES

M—Mentor
A—Assist
T—Target
E—Engage
S—Skills

MATES is a one-to-one mentoring program for students in Year 9 at Pyramid Hill P-10 College.

Proudly supported by the Loddon Shire and the North Central Local Learning Employment Network



MATES

Mentors are asked to:

- Meet with or contact their young person once a fortnight
- Attend a training session and occasional group activities
- Keep in touch with the coordinator
- Satisfy a Police Check and Working with Children check
- Name three referees

Mentors are:

- A positive influence in a young person's life
- Understanding of young people and able to communicate on their level
- Non-judgmental, empathetic and good listeners

“Mentoring is a mutually beneficial relationship which involves a more experienced person helping a less experienced person to achieve their goals.”



Mentoring builds:

- **confidence and self-esteem**
- **the ability and motivation to set goals for the future**
- **a better understanding of life and the world of work**
- **mentor's understanding and appreciation of young people**

Having a mentor can help by:

- having a role model outside family or school network
- sharing experiences and skills of the workplace
- exploring possible career pathways and goals
- having someone to listen who is non judgmental
- helping to build self-esteem and confidence
- helping with school work and learning skills
- helping to build resilience
- improving motivation
- developing a positive attitude

