



Frequently Asked Questions

Young People, Parents & Carers

We want you to be as informed as possible about your mentoring journey.

What is Raise Mentoring?

Raise Youth Mentoring is a best practice, evidence-based youth mentoring program facilitated in high schools as an additional support to the school welfare team.

Raise mentoring provides young people in high schools with a caring, independent volunteer Mentors who show up each week, just for them, listening to provide one-to-one support. Through this trusting relationship, young people are supported to be able to navigate challenges and believe in themselves and others.

Why am I getting offered this opportunity?

Raise works closely with your school in supporting the school to nominate students they feel would benefit from having a neutral support person in their lives.

Some of the suggestions for why a student might be offered this opportunity include:

- New to the school.
 - Having difficulty finding their place in the school/their group of friends.
 - Experiencing low confidence.
 - Might be experiencing challenges in their personal life.
 - Could be from a large family.
 - Having challenges setting and achieving goals.
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How do I get involved?

Ask your school who the Raise School Contact is and let them know you/your student is interested in participating in Raise mentoring. Raise mentoring is usually offered to students in years 7, 8 or 9.

You will be provided with a link to provide consent online. *All students **must** have parent/carer consent before they are able to enroll in the program and meet the volunteer mentors.*

Will this opportunity cost anything?

Raise mentoring has no cost for students participating. As a not-for-profit organization, Raise sources funding from a variety of partners and donors.

Who are the mentors?

Raise recruits, screens, and trains all volunteer mentors from the community with volunteers coming from a variety of backgrounds and ages ranging from 21+. At the start of the program, students get the chance to meet all the mentors for their group and then nominate who they'd most like to be matched with – sometimes you'd be surprised who you click with!

What screening and training do the mentors get?

Before Mentors are able to enroll in a program and visit a school they must provide their state relevant Child Safe Checks (Working with Children Check/ Bluecard), National Police Check and Covid 19 vaccination certificate.

All Mentors complete Raise best practice Youth Mentoring training which consists of a combination of online modules and face to face group training with a qualified trainer.

Mentors receive ongoing support and training from their Program Counsellor who facilitates the sessions each week.

I really like my mentor
– can I see them
outside of the
program?

As an organisation committed to youth safety, Raise only allows contact between students and mentors during the supervised sessions. Mentors and Mentees are not permitted to share any contact information or continue contact at the conclusion of the program. Mentors sign a code of conduct agreeing to this.

I know one of the
mentors in the group
– what should we do?

If you realize that you know one of the Mentors when you meet the group, please let your Program Counsellor or School Contact know ASAP. Your Program Counsellor will work with you to determine if it's appropriate for the mentor to still volunteer with the group or if it'd be better to have them transfer to an alternative program.

What happens during
the sessions?

Running for 23 weeks, Raise Mentoring begins with an orientation session where the program counsellor will outline what to expect to the students.

The next week is called Jitters, where the group of mentors and mentees meet for the first time, take part in fun activities and participate in get to know you games. From there, the program counsellor will match everyone with a mentor based off student requests, shared interests and personal requirements.

Each week following this, the sessions will include an activity/game, one-on-one mentoring and morning/afternoon tea.

When the students return to class, the mentors stay for a mentor support session where the Program Counsellor provides ongoing support and training.



What about the classes missed?

Mentoring sessions run at the same day and time each week. Raise work with your school to identify this time to ensure the least disruption to learning. Teachers in the school are aware of mentoring and it's benefits and support students in their attendance of mentoring.

What sort of topics are covered?

Raise mentoring is structured with weekly topics designed to support student's skills and knowledge in increasing confidence, resilience, and connection. Some topics covered include friendships, goal setting, risk taking, future, relationships and help seeking.

What happens when the program finishes?

At the end of the program the group celebrates with a graduation celebration where students and Mentors are invited to reflect on their mentoring experience with the group. Graduation is an opportunity for a fun celebration to celebrate the accomplishments of the students from the year.
