



## Chapter Three: Types of Mentoring

These are some of the different types of mentoring that our projects are involved with:

**Offending and at risk of offending**

**Over 18's with disabilities**

**Supporting people living in rural locations**

**Education**

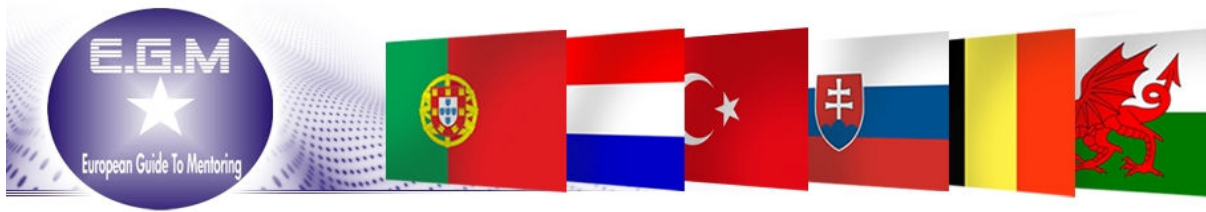
**Young pregnant women**

### **Offending and at risk of offending**

- Family problems – families face a wide range of difficulties, for example parents could have mental health difficulties or drug and alcohol problems. The family could have broken up and the young person doesn't have contact with their mother/father
- Drugs – the young person may be experimenting with drugs/alcohol and it has an effect on them at home/school and in the community.
- Crime – the young person may have shown signs of offending or admits to have offended but haven't been caught. Other young people are known to the police and the Youth Offending Service.
- Lack of positive activities – the young person may not be involved in positive activities in the community. They could be at risk of anti-social behaviour due to boredom
- School attendance – the young person may not attend school or has had a number of school exclusions
- SEN – the young person may have Special Educational Needs and may need additional support at school due to learning difficulties
- Mental health – the young person may have a diagnosed or undiagnosed mental health difficulty, for example depression, self-harm, ADHD.

### **Over 18's with disabilities/Supporting people living in rural locations**

- Lack of social interactions – the young person does not have access to activities in the community, for example they do not go out to the cinema like other people in the community are able to do



- Lack of self-esteem – the people we support often have low self-esteem and poor sense of self
- Discrimination – People with disabilities are often discriminated against in the community, they don't have access to college or employment opportunities, which lowers their self-esteem
- Lack of job training/skills – there are not as many opportunities to access jobs or training. We help young people to overcome these barriers and assist to train our mentees to enable them to access work/further training

### **Education**

- Skipping school – young person regularly does not attend college , this means that they fall behind in their studies
- Disorganised with their school/college work – young people struggle to organise their college work which means that they often do not complete their college work and could fail their coursework or exams
- Facing difficulties at home/community – the young person faces a number of difficulties in their personal life, for example breakdown of relationship with their peers, drug and alcohol problems, mental health problems or breakdown of parents relationship at home.
- Preparation for tests – Assist young person in revising for exams. We assist them by providing ideas about revision techniques and give them encouragement

### **Young pregnant women**

- Mentors support young pregnant women in the rural regions of Eskisehir.
- Mentors are similar aged as the pregnant women.
- They provide advice and support in how to deal with their baby.
- They assist the young women to access health services throughout their pregnancy.

