



Who is a Mentor Buddy?

If you have been chosen to be a Mentor buddy™, you are privileged.

As you know schooling is challenging, and each one of you faces different challenges as you grow up. As you deal with studies, friends, family and the school, you come across many issues. For many of you, this can be stressful which in turn can interfere with your happiness and academic scores.

List of Unhealthy and healthy feelings

Unhealthy

- Depressed
- Unhealthy Anger
- Anxiety
- Unhealthy Jealousy
- Unhealthy envy
- Guilt
- Shame
- Hurt
- Grandiose
- Overconfident
- Careless

Healthy

- Sad
- Healthy Anger
- Concern
- Healthy Jealousy
- Healthy envy
- Responsibility
- Disappointment with self
- Disappointment with other
- Confident
- Confident
- Careful

1

GET CHOSEN

Your classmates chose you to be Mentor Buddy based on your behaviour.

2

TRAINING

You received special training for the role of Mentor Buddy.

3

ACTION

You master your skills throughout your life even if nobody approaches you.

Who is a mentor buddy?

A student chosen by other classmates specially trained to communicate better.



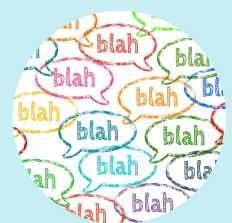
What is the role of a Mentor Buddy?

To listen, to communicate, support, encourage and be a buffer against stress.



What he/she is not supposed to do?

He/she isn't supposed to counsel, advise, break confidentiality, gossip or take an advantage of others.



Role of a Mentor Buddy

- Active listening of the problems discussed by those who approached.
- Identify distressed students and proactively approach them.
- Offer support and a listening ear to students.
- Encourage to resolve problems by themselves and use available resources eg. teacher, counsellor, friends, support groups. If there is none, you can start a support group.
- Boosting confidence of others.
- Offering support, unconditional acceptance, encouragement, respect, genuineness, kindness.
- Understanding the experience of students by empathising
- Encouraging to seek assistance from life coach and mentor assigned by school (school counsellor), Mentor Buddy teachers and other people in their life.
- To stand up against bullying, discrimination, name calling, teasing, pairing, unfairness and encourage others to do the same.



What Mentor buddies aren't supposed to do

- Offer therapy
- Minimising a problem
- Pass judgemental labels on anyone
- Pass on secrets, gossip
- Taking advantage of others
- Offer advice about life decisions
- Give a readymade solution that worked for someone else
- Offer or suggest medicine or any substance that reduces distress
- Prove how good they are
- Bully, threaten or manipulate others
- Get over-involved in someone's problems.

YOUR ROLE EXTENDS BEYOND THE CLASSROOM

Mentor buddies are trained in a way to communicate that they can use these skills everywhere, even when nobody approaches them in the classroom with a problem. If you keep in mind the five pillars of communication, your communication skills will improve and they would benefit you in many ways in all walks of life.

Remember the '5 pillars' of communication in your day to day interactions with teachers, parents, siblings, service providers, school staff and anyone you come across besides your friends.



5 pillars of communication

EMPATHY

1

THE QUALITY TO UNDERSTAND THE OTHER'S FEELINGS AND POSITION.

RESPECT

2

THE REGARD FOR EVERYONE'S EXISTENCE, VALUES, OPINIONS ETC. AS YOUR OWN.

WARMTH, SUPPORT

3

A COMFORTABLE ENVIRONMENT WHERE THE OTHER CAN TALK FREELY BY BEING KIND, CARING.

ENCOURAGEMENT

4

SHOWING CONFIDENCE IN OTHER'S ABILITY TO DEAL WITH THE PROBLEMS ON THEIR OWN..

CONFIDENTIALITY

5

KEEPING THINGS TO YOURSELF AND NOT DISCUSSING THEM WITH OTHERS WITHOUT THEIR PERMISSION.

Examples of appropriate and inappropriate responses

Situation 1

Ishanwi was rude to her dad and now feels really guilty.

Appropriate Response: I can understand you feeling bad as you were rude to your dad. Did you apologise or are going to do so? You also need to stop beating yourself about it.

Inappropriate Response: "That is not a nice thing to do. How could you even do that? You are so bad!"

Situation 2

Rahul's mom is in a hospital as she had an accident and he is really anxious.

Appropriate Response : Hope there is someone to take care of you in her absence. Can I be of any help?

Inappropriate Response: Awful. I feel really really bad for you.

Situation 3

Ashutosh did not get good grades in Math and is sad.

Appropriate Response: It must have been hard for you. I can help you learn better if you wish.

Inappropriate Response: Loser! You should have worked harder. Give up some of the time you waste away on your cellphone."

Situation 4

Andrew gets a new bicycle and is happy.

Appropriate Response: Congratulations! You have earned the bicycle you always wanted.

Inappropriate Response: Your bike is good, but mine is better. You should have consulted before buying.

Situation 5

Alice is being bullied and teased in the class

Appropriate Response: I can see you are feeling hurt and angry about this, which is natural. I felt similarly when I was bullied too. Have you spoken about this to anyone?

Inappropriate Response: You must have done something that they bullied you. Why do you even talk to them?

Situation 6

Rob was criticised in front of others by his dad and is really angry. He broke things in anger.

Appropriate Response: I can understand your anger as your dad was being unfair. Though you cannot control how others treat you, you can respond differently.

Inappropriate Response: Your dad has no self control, and you are doing the same by breaking things.

There could be many such situations, and you can never be sure if your response will be welcome by the other or not. Just keep in mind the 5 Pillars of communication and do your part. Remember a voice stressing about your new responsibility, you are human and can make mistakes. These mistakes are learning experiences that help you understand some of the ways that don't work.

If you yourself need help with some challenges, speak to another mentor buddy, or the mentor teacher, or the school counsellor.

Wishing you all the very best for your new role as the school mentor buddy.

Feel free to write to

shishir@coreforschools.com or call

8793509828 in case you need to! You can download the latest version of this booklet and get more info on Mentor Buddy at www.coreforschools.com/mb

OATH

I hereby take this oath of confidentiality and responsibility as a Mentor buddy. Whatever is discussed with me will be kept strictly secret with me. I understand that being in the role of Mentor buddy comes with a responsibility, limitations and I will not cross the line. If there are issues beyond my capacity and skills to handle, I shall refer them to someone who can help. I will keep in touch with the mentor teachers. I will also take care of myself as I help others.

© Morpic Minds 2020. The content of this booklet, the logo cannot be copied, stored, replicated or transmitted in any form without the written permission of Dr Shishir Palsapure. www.morphicminds.com

WHEN TO REPORT TO MENTOR TEACHER/SCHOOL COUNSELLOR

It can be difficult to decide when to report a matter to the Mentor Buddy teacher or the school counsellor. When you think you cannot handle the issue by yourself or it needs more attention and action, report it. Similarly cases about suicidal thinking, plan, harming self and others, cutting must be urgently reported. Cases of bullying, being bullied, hitting, any bad touch, inappropriate touch must be reported. Damage to school property and other student's property must be reported too. You may choose to maintain secrecy of the name of person who has been a victim of bullying or sensitive issues, but talking to the teacher/counsellor will help.

