

MENTOR TOOL 01

Mentor Check-Ins

Create consistent conversations that center youth voice.

A good check-in is brief, genuine, and predictable. It gives young people room to name strengths, challenges, and what kind of support would be helpful.

Begin with connection

- Ask what is going well and what feels difficult.
- Listen for strengths, effort, and changes in mood or circumstances.

End with clarity

- Summarize what you heard.
- Ask the youth to choose a next step.
- Confirm when you will check in again.

GROW reminder: Strong support begins with listening, connection, and one useful next step.

Make it yours

Reflection and action page

Use this page to choose a practical next step and identify the support you need.

What stands out to me from this guide?

What is one action I can take this week?

Who can support this next step?

My commitment: A question I will bring to my next check-in is:

This resource is educational and is not a substitute for emergency, medical, mental health, or professional support. If you or someone else may be in immediate danger, contact local emergency services.