

MENTOR TOOL 03

Healthy Mentor Boundaries

Build trust through clarity, consistency, and appropriate support.

Boundaries protect both youth and mentors. They help create relationships that are caring, respectful, and aligned with the role of a mentor.

Be clear

- Know your role, communication expectations, and when to involve a parent, guardian, supervisor, or professional resource.

Respond appropriately

- Listen with care.
- Do not promise secrecy when safety is involved.
- Seek guidance when a concern is outside your role.

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 boundary I will communicate clearly 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.