**FREQUENTLY ASKED QUESTIONS**

**FOR MENTORS.**

**WHAT’S THE COMMITMENT?**

**STOKED is a 6 week program. The weekly sessions usually run from 4:30pm to 7:30pm.**

**It would be super great if mentors could commit to all (or most of ) the 6 sessions. I know most of us work hard and life generally involves being busy idiots, so the offer of your precious time is deeply appreciated.  We also understand that life and work get in the way and that is ok, we would love you to help out with what you can.**

**The sessions usually look like this:**

* **YARN 4:30pm – Education session or yarn circle (different themes around health and wellbeing)**
* **SURF 5:15pm – Safety brief and surf lesson – everyone in the water!**
* **EAT 6:30pm – Sharing some food together, connect and reflect!**
* **7pm – 7:30pm – Finish**

**CAN I VOLUNTEER IF I DON’T KNOW HOW TO SURF?**

**Yes yes yes! It’s great when some of our mentors are beginners too, it reduces the power imbalance! Although it would be helpful if you enjoyed being in the water!**

**WHAT IF THE YOUNG PEOPLE REALLY DON’T NEED OUR HELP WITH SURFING?!**

**Some young people want help and others don’t. Pushing young people into waves isn't the most important point of the mentor role. Creating social connection and social inclusion is.  Grab a board, catch party waves together, call each other into wipe outs and have some good times!**

**WHAT DOES SOCIAL INCLUSION AND SOCIAL CONNECTION EVEN MEAN ANYWAY!?**

**You guys and the young people, simply being together, in this community program is creating social inclusion.  These young people will feel "seen" in their community and achieve a sense of belonging and connection.  Participating in society is super important for young people to thrive, build positive identities, feel social trust and escape disadvantage.**

**Through the weeks you'll get to know the young people.  These little chats, in the surf or over some food can sometimes be a bit magical. You might find common interests, shared life experiences or opportunities can pop up for further social inclusion. You might be able to connect someone with a job, you might have an old wetsuit in the garage for someone, you might offer to be a referee on their resume.  These little opportunities pop up naturally through social interaction and building social connections.  You might really connect with a young person and help them continue with surfing after the program is finished.  You might just bump into a young person once a year in the supermarket and say "hey I remember you from surfing how's it going!".  You might not make any specific connections with young people, but just the fact you are there, with them, in this community program is of SO much value to us.**

**I FEEL A BIT AWKWARD TALKING TO YOUNG PEOPLE?!**

**Ha, I know right! Talking to teenagers can be hard and attending groups for the first time can be suUUper crusty! Don't worry, over the 6 weeks we'll get to know each other. There will be some fun group work in the education sessions and conversations will flow beautifully! or not ha.. and thats ok!**

**IS IT OK TO SHARE PERSONAL INFORMATION AND STORIES WITH THE YOUNG PEOPLE?**

**Yes! If the opportunity to share something pops up and it's something you feel is appropriate (and you are comfortable with sharing it) then shared experience can be so valuable.  Shared experience of mental health, family complexities, life's ups and downs and you how came through it (or manage it) is so powerful. However, it might also be good to think about how much you unpack and how this might impact on yourself and the young person! We don’t want you to leave the session feeling heavy!**

**So, in a nutshell, sharing life experience but keeping it positive and not too heavy would be awesome! If you have any questions around any of this stuff, come and grab Chrissie or Anna! Oh and also.... sharing stories about your professions and career pathways would be very inspiring stuff!**