

CASE STUDY -

Youth Mentoring Programme



Janai*, 13

Janai, is a year 8 student, referred for mentoring by his head of year because of deteriorating behaviour that had resulted in exclusions and isolations at school.

BACKGROUND

Janai felt like the school did not care about him and always focused on his negatives. Mum also felt that school was not supporting Janai's needs.

I regularly met Janai once a week at school for our mentoring sessions. At first Janai struggled to open up during the sessions and was quite closed off but one thing Janai did tell me was that he attends boxing three times a week so for a couple of the sessions I went to watch Janai at his boxing club.

I was able to see Janai show resilience, patience, and hard work in his boxing class. These were qualities that I knew he could transfer to school. Through spending this extra time with Janai, he was able to see that I wanted to get to know him and I wanted to support him which resulted in him starting to communicate his feelings more.

Janai has a difficult relationship with his father, who is separated from his mother. Janai often felt like his dad could never notice anything positive about him so I felt it was important to raise Janai's self-esteem by getting other people to notice his positives.

I organised a meeting with school and Janai, where I advocated for Janai explaining to his head of year how Janai feels in terms of the way he gets treated by staff at school. The result of this was his head of year sending positive emails once a week to his mum focusing on the things he has done well.

MENTORING RESULTS

Together we worked on exploring Janai's feelings regarding his dad, how to manage his emotions and reactions to things and his aspirations for the future.

Janai was put on a PSP at school and I supported his targets by focusing our work on these. Janai received 15 mentoring sessions and we finished at the end of the summer term.

By this time Janai was receiving more support at school with staff he could now go to when he is struggling. Janai knows he needs to continue making positive choices for himself going into year 9 and for his future.

Mum also felt very supported by the process, keeping her updated with sessions and being someone to listen to her when things were challenging.

Janai's comment about the mentoring;

"I enjoyed the mentoring because it was good to be out the classroom, doing something positive and talking which I don't usually do. I felt like someone was supporting me rather than being negative about me."

**For further information on The Mentoring Programme
please email office@action4youth.org**



*Name changed to protect identity