

CASE STUDY -

Youth Mentoring Programme



Maddie*, 15

Maddie is a year 10 student who was referred for mentoring by the deputy designated safeguarding lead at school. There were concerns around Maddie's emotional regulation because of an unhealthy relationship she was having with a boy at her school.

BACKGROUND

Maddie explained to me the difficulties she has had with males, as she developed earlier than her peers and felt like she was constantly being sexualized by older men.

Maddie had been in a relationship with a boy in her year at school for around 6 months. The relationship had started off good but as time went on the boy became more controlling, often telling Maddie what she could and couldn't wear and who she could speak to. There were also allegations made by peers, telling Maddie that her boyfriend had cheated on her or acted inappropriately with other girls several times.

Maddie was very low in confidence when I first met her and was struggling to deal with her anger around the issues she was facing with her boyfriend.

During our weekly sessions at school we completed work on healthy relationships, including setting boundaries and communication. We also completed work on building Maddie's self-esteem.

MENTORING RESULTS

Overall we had 10 sessions together, during that time Maddie became more confident in herself. She felt able to explain how she was feeling in a calm manner and even though things in her relationship was not any better, she was able to manage her emotions and not let it affect her as much. Maddie also tried to concentrate more on the positives in her life such as playing netball.

Maddie's comment:

"I liked the mentoring because it was very chilled, and it was good to talk to someone in a relaxed environment. I liked that she gave me advice but always let me make my own decisions without judgement."

At the end of our sessions Maddie chose to go on a break with her boyfriend, over the summer, to concentrate on herself. Maddie is aware of who she can go to for support at school and knows that I will come and visit her for a check-in session in September.

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



*Name changed to protect identity