

MENTORSHIP PROGRAM



PURPOSE:

Why?

Build a Mentorship Program, where BC2M students give engaging presentations to elementary or middle school students about mental health. This initiative aims to educate younger students on the importance of mental well-being, provide practical strategies for managing stress, and create a supportive environment for open discussions. Through peer-led mentorship, you can strive to empower young students with knowledge and resources to promote their mental health.

HOW TO:

Materials & Budget

All of the materials you will need can be accessed online at the Bring Change to Mind club portal.

Instructions

- Reach out to a local elementary school or middle school and ask about coming in to present to them or run an activity related to mental health.
 - Coordinate a time with their school administration and your administration that works best.
- Explore the club portal look and find a presentation or activity you want to do
 - ***Important: Ensure the presentation or activity is age-appropriate. Have your advisor and the point of contact at the middle school or elementary school approve of the selection ahead of the scheduled meeting.**
- Gather a small group of BC2M students (3-5 students) to host the presentation or conduct the activity.
- Include some discussion questions and make it interactive
- Continue to give presentations or run activities with this local elementary or middle school each month!

Timeline

Preparation time is about 3 weeks to plan with the elementary or middle school and get organized for the presentation. The presentations should take around 30 minutes and be sure to leave time for discussion, questions, and an activity at the end of the presentation!

Impact

Creating a Mentorship Program is impactful as it reaches a younger audience of students who may not have received education on mental health and wellbeing. This program can also help with leadership skills and presentation skills for your high school club.

Example(s)

Example of Lawrence North High school
BC2M!



Example of Staten Island Academy High school BC2M!



Post photos from this activity to your club
Instagram and tag @bc2mhighschool

