

Additional Reading and Resources

Most of the resources listed below can be accessed online at the links we have provided. The print titles listed here should be available through local or online bookstores or through your public library.

Children and Youth: Their Growth and Development

Adapted by Anne L. Heinsohn from Children—How They Grow: Elementary School Children Ages 6 to 8 and 9 to 12, Bulletins GH 6230 and GH 6231, by Mary McPhail Gray and Terry Foltz — A helpful summary of child development, delving into the topics discussed in this chapter in more depth. Click [here](#) to access.

Identity Formation

A description of adolescent identity development, self- concept, and self-esteem. Click [here](#) to access.

The Developmental Relationships Framework

by Search Institute, a description of five elements (and 20 actions) that make relationships powerful in youth’s lives. Click [here](#) to access.

Keller, T. E. (2005). The stages and development of mentoring relationships

In D. L. DuBois & M. J. Karcher (Eds.), Handbook of Youth Mentoring (pp. 82–99). Thousand Oaks, CA: SAGE. — A chapter exploring the development of mentoring relationships in more depth.

Additional Reading and Resources – Providing Emotional Support and Empathy

Learn More about the Science and Practice of Empathy

The Empathy Effect: Seven neuroscience- based keys for transforming the way we live, love, work, and connect across differences

(2018) by Helen Riess, MD with Liz Neporent – A highly readable book that provides an overview of the research on empathy and the principles Dr. Riess teaches in her empathy training.

The Power of Empathy

TEDx talk by Helen Riess – A review of the main ideas Dr. Riess offers in her book, here in an engaging 20-minute talk. Click [here](#) to access.

How to Be more Empathic

This article provides a bunch of tips on everyday things you can do to develop your capacity for empathy. Click [here](#) to access.

Why You Should Train for Empathy and How to Do It

An article to read for a few more tips on how to be more empathic. Click [here](#) to access.

Fixing the empathy shortage

A brief TEDx talk that describes the decline of our collective empathy and makes the case that empathy is a skill rather than a trait and how practice can help us become more empathic, individually and collectively. Click [here](#) to access.

How to Actively Listen to Others

Another highly engaging 15-minute TEDx talk that demonstrates how to use the guidelines of improvisational comedy to hone your ability to more fully listen and respond to others. Click [here](#) to access.

Memoirs and Novels

Say I'm Dead: A Family Memoir of Race, Secrets, and Love

(2020) by Delores Johnson – In this memoir, the author explores her family history that revolves around multiple generations of interracial relationships. The reader is given a front-row seat to the personal costs associated with the ugliness and violence of racism as well as the power of truth and love.

Breaking Night: A Memoir of Forgiveness, Survival, and My Journey from Homeless to Harvard

(2011) by Liz Murray – Murray draws on journals

she kept throughout her childhood to offer a vivid account of growing up in a family living in poverty and ravaged by addiction. This is no simple “rags to riches” fairy tale. Rather, Murray invites us to experience the complexities of her childhood from her vantage point and shows us how compassion and love can bloom in even the starkest circumstances.

The Language of Flowers.

(2012) by Vanessa Diffenbaugh – This novel takes the reader into the mind and heart of a person who had to endure abandonment and being in the foster-care system. It offers a portrait of the toll that betrayal and trauma take on the human psyche, the longing for love and connection that never dies, and the courage needed to take a risk again.

Additional Reading and Resources – Practicing Cultural Humility

Online

How mentors and mentoring programs can support mentees' ethnic/racial identity

This blog post provides tips for programs/organizations and mentors on how to help youth of color develop a healthy ethnic/racial identity. It also explains why a healthy ethnic/racial identity is important for youth of color. Click [here](#) to access.

Color Blind or Color Brave?

TED Talk by Melody Hobson – In this TED Talk, Ms. Hobson explores why it's important to openly talk about race in the United States rather than be colorblind. She discusses this in a business context and the competitive advantage of diversity, but it's also helpful in thinking about why being explicit about race in our relationships is important. Click [here](#) to access.

Cultural Humility

TED Talk by Dr. Juliana Mosely – In this TED Talk, Dr. Mosely defines and describes cultural humility and challenges us to consider our own personal biases and how that impacts our interactions with others. Click [here](#) to access.

How to Overcome Our Biases? Walk Boldly Toward Them

TED Talk by Verna Myers – In this Ted Talk, Ms. Myers explores leaning into our discomfort, particularly our racial attitudes toward Black boys and men. Click [here](#) to access.

5 Things You Can Do Today to Support LGBTQ Youth

by Alison Delpercio – A short article with some great tips for how you can better support LGBTQ youth. Click [here](#) to access.

How Can Mentors Serve as Advocates for GLBTQ Youth

by Christian Rummell – This blog post provides a short snapshot of the struggles of GLBTQ youth and how mentors can advocate on their behalf. Click [here](#) to access.

A Guide for Understanding, Supporting, and Affirming LGBTQI2-S Children, Youth, and Families

This guidebook summarizes key concepts, myths, the coming out process, and strengths of, and challenges facing, LGBTQ youth. It also includes eight tips for supporting LGBTQ youth. Click [here](#) to access.

In Print

A Race Is a Nice Thing to Have: A Guide to Being a White Person or Understanding the White Persons in Your life, 3rd edition

(2020) by J.E. Helms – This book is written for White people to help them understand and accept their racial identity, take responsibility for ending racism, and learn how racism negatively affects them. Each chapter is filled with reflection exercises to help readers engage in this process.

Critical Mentoring: A Practical Guide

(2017) by Torie Weiston-Serdan – This book is written to help mentors and program staff engage in a transformational practice that challenges the idea that youth of color need to be “fixed” or “saved.” It teaches mentors how to partner with youth to create social change while validating their culture and values.

Piecing Me Together

by Renee Watson (2018) – This is a young adult novel about a Black teenage girl who is in a mentoring program. Even though her mentor is a Black woman, the class differences between the mentor and mentee show up as good intentions, sympathy, and negative assumptions when the girl simply wants to be seen for who she is. This is a great lesson on cultural humility!

Additional Reading and Resources – Making Room for Fun and Play

Two books focused on helping adults bring play into their relationships with youth:

Playful Parenting

(2001) by Lawrence Cohen – This book provides step-by-step suggestions on ways to introduce play as well as how play can address parents’ concerns.

The Power of Play

(2007) by David Elkind – This book provides an overview of the importance of play for youth in their development, generally and in specific contexts, like at home and at school.

You can also find a wide world of books of both jokes and fun in-person games through the library, as well as through collections of jokes online. Websites where teachers provide ideas for jazzing up boring lessons and invite fun or competition into teaching are also a good source of fun mentoring activities.

Additional Reading and Resources - Attunement in Mentoring Relationships

Mentor Attunement: An Approach to Successful School-based Mentoring Relationships

(2012) by Julia Pryce – This research article describes the initial work of conceptualizing attunement. It is available through Research Gate [here](#).

The Mentoring FAN: A Promising Approach to Enhancing Attunement within the Mentoring System

(2018) by Julia Pryce and Linda Gilkerson – This article describes research findings on the use of the Mentoring FAN in real-life programs. It is available through Research Gate [here](#).

Additional Reading and Resources – Understanding Effective Online

Communication

While resources on e-mentoring are still largely under development, there is plenty of content available regarding how young people manage online spaces. There are also several resources for parents, teachers, and others involved with youth that may be helpful for mentors. Here are just a few:

Online

Common Sense Media

Common Sense is an independent nonprofit organization focused on helping youth thrive in a rapidly changing digital environment. They provide age-based media reviews, conduct surveys on youth's media usage, and host online events for people working with youth. Click [here](#) to access.

Children and Screens: Institute on Digital Media and Child Development

The institute seeks to understand and address questions regarding the impact of media on youth development. They conduct research projects and offer several online resources and a virtual workshop series called, "Ask the Experts" for general audiences on various timely questions related to young people and their online communication and digital media use. Click [here](#) to access.

In print

It's Complicated: The Social Lives of Networked Teens

(2014) by Danah Boyd – This book, written by an academic researcher with technology expertise, unpacks what it means for teens to grow up with social media. It also discusses the myths about social media that frighten caring adults and how young people form communities online.

Parenting for a Digital Future: How Hopes and Fears about Technology Shape Children's Lives

(2020) by Alicia Blum-Ross and Sonia Livingstone – This book uses research evidence to guide parents and other caring adults on how to successfully raise youth in a technology-driven world. The book discusses how using socially connected media can create opportunities for youth and how digital media can be used to teach values and healthy boundaries.

iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy — and Completely Unprepared for Adulthood

(2017) by Jean Twenge – This book describes data from more than 11 million survey respondents over multiple decades showing how social technology has created a generation of youth that are more tolerant and safe, but also more anxious and lonely.

Additional Reading and Resources – Working with Others in the Mentoring

Relationship

Starting Relationships Right: Topics and Questions to Align Participant Expectations in Youth Mentoring

Programs Although originally written for program staff, this set of pre-match expectation-setting questions can help mentors, even those outside of programs, think about the expectations they have for the mentoring relationship, as well as questions to ask caregivers and other adults that comprise that relationship system, so that the mentoring relationship is one that effectively involves all the relevant stakeholders. Click [here](#) to access.

Additional Reading and Resources – Honoring Youth Voice and Building Power

If you want to learn about a few youth activist leaders, here are three to explore:

Mari Copeny, 13-year-old activist, philanthropist, and “future president,” is on the front lines helping youth to embrace their power through equal opportunity. She is also known as Little Miss Flint because of her leadership around clean water in Flint, Michigan. Click [here](#) to access.

Greta Thunberg, 18-year-old Swedish environmental activist who has worked to address the problem of climate change, who founded a movement in 2018 known as Fridays for Future (also called School Strike for Climate). Click [here](#) to access.

Lonnie Chavis, 12-year-old antibullying advocate, has launched a campaign, IGTV show, and hashtag around #FixYourHeart. Click [here](#) to access.

Other Online Resources:

“Why Youth Voice Matters,” Blog posted by the Birmingham City School of Education and Social Work – This article highlights some of the promise and tension around youth voice. Click [here](#) to access.

“Here’s Why It’s So Important to Create Opportunities for Youth Voices to Be Heard,” by Jaclyn Cirinna, published by The Juvenile Justice Information Exchange – An article written by a formerly incarcerated young person speaking to the importance of youth voice. Click [here](#) to access.

The Developmental Relationships Framework, The Search Institute has identified five elements, expressed in 20 specific actions, that make relationships powerful in young people’s lives. Click [here](#) to access.

“What is Unconditional Positive Regard in Psychology?” by Courtney E. Ackerman, published by Positive Psychology – A detailed article about unconditional positive regard. Click [here](#) to access.

“12 Community Service Projects for Kids”, An article highlighting different projects to do with youth of all ages. Click [here](#) to access.

If you are interested in viewing recordings of the events where the youth quotes in this chapter originated, you can find them here:

Black Youth Town Hall Webinar

Click [here](#) to access.

Maximizing Youth Voice Webinar

Click [here](#) to access.

Additional Reading and Resources – Building Critical Consciousness and Youth Activism

Building Healthy Communities Through Youth Leadership

One of many reports produced on the work The California Endowment is doing to invest in youth activists and in the concept of youth power building. Click [here](#) to access.

Freedom Dreams: The Black Radical Imagination

by Robyn D. G. Kelley. An important book around the ability to dream about liberation and to free ourselves enough to dream.

Black Girls (EM) Power: Black Girls Self Care Workshop

A highlight of a wellness program YMAN does with Black girls in our mentoring program. We use this to illustrate what critical mentoring looks like in action. Click [here](#) to access.

Black Girls (EM) Power Launch

Another example of what this work looks like in action. Young people are featured talking about their role in the work. Click [here](#) to access.

The California Endowment’s Youth Power Infrastructure: An Overview of Youth-Serving Organizations and Intermediaries It Supports

by Veronica Terriquez A report providing examples of the infrastructure required to engage in youth power-building activities. Click [here](#) to access.

Additional Reading and Resources – Goal Setting and Support

Grit: The Power of Passion and Perseverance

TED Talk by Angela Duckworth – In this TED talk, Angela Duckworth describes her work studying grit (passion and perseverance for goals) as a key strength of success in youth and adults. Click [here](#) to access.

GPS 2 Success

Project resources – This website provides an overview of GPS 2 Success, a suite of materials to help mentors guide their mentees in developing GPS skills. The materials include a handbook on the GPS skills as well as rubrics, activities, and videos to help promote and monitor these skills. Click [here](#) to access.

The Mentor’s Guide to Youth Purpose

by Meghan Perry – This workbook guides mentors in supporting their mentee’s exploration of purpose (a long-term intention to accomplish goals that are meaningful to the mentee and to the world beyond the mentee). Click [here](#) to access.

My Life program resources – My Life

Is an evidence-based program aimed at supporting youth to achieve their educational and transition-to- adulthood goals. Click [here](#) to access.

Discovering the Possibilities: “C”ing Your Future

by MENTOR New York – This resource is a series of twelve modules designed to help mentees and mentors collaboratively explore college and career opportunities. Click [here](#) to access.

Thriving in Childhood and Adolescence: The Role of Self-Regulation Processes

Edited by Richard M. Lerner, Jacqueline V. Lerner, Edmond P. Bowers, Selva Lewin-Bizan, Steinunn Gestsdottir, & Jennifer Brown Urban. Special issue of *New Directions for Child and Adolescent Development*, Number 133 – This volume includes several chapters from scholars who have focused on the importance of self-regulation for success across the life span. The articles in this issue should be available through your local public library, as well as through the publisher [here](#).

If you are interested in measuring your mentee’s goal-setting skills, abilities, and attitudes, the following tools may be useful to you. They can also help you think about various aspects of goal setting and concepts where your mentee may be struggling.

Assessing Self-Regulation: A Guide for Out-Of- School Time Program Practitioners

by Tawana Bandy and Kristin Anderson Moore – This guide provides an overview of measures of goal-directed skills, including the items for the measures. Click [here](#) to access.

Additional Reading and Resources – Expanding Networks of Support

Finding Mentors, Finding Success

A great guide for mentees from YouthBuild USA about how youth can recruit mentors and get help with specific areas of their life. Click [here](#) to access.

Brokering Youth Pathways: A Toolkit for Connecting Youth to Future Opportunities

Resources for adults working with youth on how to broker connections for youth that includes practice briefs and research reports (primarily geared toward out-of-school learning). Click [here](#) to access.

Who You Know: Unlocking Innovations that Expand Students’ Networks by Julia Freeland Fisher

This book, and accompanying website by the Christensen Institute, offers great advice for adults and students on how they can build social capital (geared primarily toward college students). Click [here](#) to access the website.

Ecomap Animation

YouTube video describing eco-mapping. Click [here](#) to access.