

E-Mentoring Project



... for children in care and care leavers

Safe and Confidential Online Support,
Helping Young People to be
Confident about Their Future

What is E-Mentoring?

E-mentoring is a way of supporting young people by making use of the latest trends in online communication.

Young people will be matched up with an online **e-mentor**.

- *An e-mentor is a trained volunteer who can give advice and support, through a safe and secure website.*
- *An e-mentor can help young people set targets to take confident steps towards the future.*

E-mentoring offers . . .

- **Guidance and advice** through online conversations
 - *Helping young people think about plans for the future.*
 - *Support young people with making choices in their lives.*
 - *Young people's thoughts, dreams, ideas and concerns will be the starting point for the mentoring relationship.*
 - *Signposting young people to the right professionals and organisations.*
- A range of exciting **online activities**
 - *Inviting young people to develop their skills*
 - *Fun activities on cooking, budgeting, getting a job, going to college, being confident and feeling good about yourself...*

- An online **resource library**
 - *packed with information about life skills, education and issues concerning young people.*

... so young people feel supported with making smooth transitions in their lives and can feel confident about their futures.

Safe & Secure . . .

The mentoring takes place on a **safe and secure** website, packed with fun activities and information.

Provided by The Brightside Trust - www.confidentfutures.org

All of our mentors are CRB-checked and trained.

For more information please contact:

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