



## PARTICIPATING SCHOOLS

Central Grampians LLEN operates MATES in the following schools:

- Ararat College
- Ararat 800 Primary School
- Ararat North Primary School
- Ararat West Primary School
- Buangor Primary School
- Concongella Primary School
- Marnoo Primary School
- Skene Street Specialist School
- Stawell 502 Primary School
- St Patricks Primary School
- Stawell West Primary School



**WANT TO GET INVOLVED?**

**CONTACT:**

Youth Project Officer  
Central Grampians Local Learning and  
Employment Network (CGLLEN)

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**mates**  
CENTRAL GRAMPIANS

# MENTORING PROGRAM

Matching young people with  
positive role models





## WHAT IS MATES?

The MATES youth mentoring program is a model that was originally developed by Wimmera Southern Mallee LLEN.\* In 2021, Central Grampians LLEN introduced MATES as a pilot program at three schools in the Northern Grampians Shire. The program has since expanded to Ararat and is implemented in several schools across our region.

MATES matches nominated students from each school with volunteer mentors from the community. They meet fortnightly, within school hours, for the duration of the school year.

*\*Our program documents have been adapted from those provided by Wimmera Southern Mallee LLEN. We would like to acknowledge their work in developing this successful program and appreciate their support of our implementation of MATES Central Grampians.*

## MATES MISSION

*To provide positive role models who assist, target, engage and enhance the skills and life experiences of local young people.*

## PROGRAM AIMS

**Mentor** – to provide an additional positive role model in the lives of young people.

**Assist** – to assist and extend the positive life experiences of young people.

**Target** – to specifically target life and educational goals of young people.

**Engage** – to engage young people more fully into their schools and local communities.

**Skills** – to identify and enhance the skills of young people.

## WHO CAN GET INVOLVED?

MATES draws on the strong support of the local community to be positive role models for young people and take an interest in their personal development. Mentors do not require any special skills and free training is provided for the role.

A MATES mentor is someone who:

- is respectful, non-judgemental and open-minded
- sets goals and is willing to help young people achieve their own
- has an encouraging attitude towards young people's skills and interests
- has good communication skills and is a good listener
- is trustworthy, patient, supportive, tolerant and flexible

## MENTOR ELIGIBILITY



Mentors must:

- be over 18 years of age
- obtain a current Working with Children Check and National Police Check
- sign and adhere to the CGLLEN Mentors Code of Conduct & Confidentiality Agreement

## STUDENT ELIGIBILITY

Students are referred to the program by their schools. Please contact your child's school for further information.

## THE BENEFITS

The MATES mentoring program has many benefits for mentors and students, including:

- Increased social connectedness
- Boost in mental health
- Increased participation in community
- Exposure to new skills and experiences
- Personal development and increased confidence

## TIME COMMITMENT

Mentors and students are required to commit to the program for one school year and meet for a minimum of one hour per fortnight.

The MATES program offers support and guidance for both the student and mentor to help ensure the success of the relationship.

