# Texas Injury Prevention Leadership Collaborative

# Peer Mentor Program

Mentor programs offer a structured setting in which to develop beneficial one-on-one relationships between professionals. Acting as a friend, a teacher, and a guide to the real world problems and difficulties, mentors have the opportunity to encourage and advise the mentee by sharing their own experiences and knowledge of the injury and violence prevention profession.

The Texas Injury Prevention Leadership Collaborative’ s Peer Mentor Program matches injury and violence prevention professionals across Texas with the purpose of cultivating a network of injury prevention leaders in Texas. The mentor-mentee relationship may be established to promote growth in a specific professional skill, practice area, general career or professional growth.

* Goal 1: To provide the Texas Injury Prevention Leadership Collaborative with injury and violence prevention providers who have offered to serve as mentors to any member in the field of injury and violence prevention community to assist with career and professional development. As a mentor, you will have the opportunity to share your wisdom and experiences, evolve your own thinking, develop a new relationship, and deepen your skills as a mentor.
* Goal 2: To connect members of the Texas Injury Prevention Leadership Collaborative with injury and violence professionals to provide opportunities to enhance a professional skill, network, or explore career possibilities.

# Peer Mentor Program Application

# Personal Information

Name: Click here to enter text.

Address: Click here to enter text.

City: Click here to enter text.

Phone: Click here to enter text. Email: Click here to enter text.

Preferred method of contact: [ ] Email [ ] Phone [ ] Either

# Current Employment

Current Position Title: Click here to enter text.

Current Employer: Click here to enter text.

Current job responsibilities: Click here to enter text.

Which community sector(s) do you best represent: [ ] Community / Non-profit organization [ ] Business [ ] Healthcare organization [ ] Governmental agency [ ] Faith-based organization [ ] Public safety [ ] Civic / Volunteer group [ ] Research / Evaluation / Data [ ] School / Education [ ] Media [ ] Other: Click here to enter text.

# Skill Set

Description of career background: Click here to enter text.

Describe specific skill sets you consider as your strengths that contribute to your work. For example, statistical analysis, grant writing, creation of media/reports, human resource management, coalition building: Click here to enter text.

List the injury and violence prevention activities in which you have been involved with:

[ ] Alcohol / Substance Abuse

[ ] Bicycle Safety

[ ] Child Passenger Safety

[ ] Child Maltreatment Prevention

[ ] Fire or Burn Prevention

[ ] Firearm Safety

[ ] Home Safety

[ ] Intimate Partner Violence Prevention

[ ] Motor Vehicle / Driving Safety

[ ] Occupational Safety

[ ] Older Adult Falls Prevention

[ ] Pedestrian Safety

[ ] Poisoning

[ ] Safe Sleep for Infants

[ ] Sports Safety

[ ] Suicide Prevention

[ ] Vehicular Heatstroke Prevention

[ ] Water Safety / Drowning Prevention

[ ] Other: Click here to enter text.

Anticipated activities for the upcoming future: Click here to enter text.

# Being a Mentor

Have you ever served as a mentor before? Choose an item.

If yes, in what capacity? Click here to enter text.

Please briefly explain why you would like to become a mentor: Click here to enter text.

Please describe any special interest that may be helpful in matching you and your mentee: Click here to enter text.

Any additional information or comments: Click here to enter text.

**Being a Mentee**

Have you ever served as a mentee before? Choose an item.

If yes, in what capacity? Click here to enter text.

Please briefly explain why you would like to become a mentee: Click here to enter text.

Please describe any special interest that may be helpful in matching you and your mentor: Click here to enter text.

Any additional information or comments: Click here to enter text.

# Setting Boundaries in Mentoring Relationships

While it may feel strange to do at the beginning, it is important to discuss and agree on the appropriate boundaries of the mentoring relationship between you and your partner early on. When boundaries are too loose, they may be misinterpreted, and when they are too rigid, they can also incapacitate the relationship. If you haven't already, or have experienced misunderstanding or confusion on this issue, please take the time to cover these bases with each other in your next session.

Everyone has different boundaries, from the degree to which one is comfortable with physical proximity, to talking about personal and confidential issues, to the amount of time one wants to spend with a mentor or mentee. The time commitment is determined by the mentor and student during initial meetings. Most mentor pairs choose to communicate approximately 1-3 hours per month, using the communications tools that work best for them or by meeting in person.

Do take the time to talk frankly about what each of you expect to give and take in terms of time, as it will vary from relationship to relationship, or activity to activity. Also, make sure that you are on the same page about how you prefer to interact. Questions below can guide you through this.

Both:

* Talk about your responsibilities, what you can and can’t do.
* Agree on frequency, duration and intervals of meetings/communications and how this will occur.
* Beyond agreeing to confidentiality, discuss what confidentiality actually means to each of you in various scenarios.

Mentors:

* What kind of access does the mentee have to you? What is the limit?
* Does communicating require an appointment?
* What kind of telephone access does the mentee have to you?

Mentees:

* Avoid unhealthy dependence. For example, mentors are not expected to have definitive answers or be available 24/7.
* Consider "what would I do if..." in assessing your own boundaries.
* Prioritize how you wish to best utilize your mentor's time and expertise.