



Youth Development

a sample from

Ready to Go: Mentor Training Toolkit

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ready to
GO

**MENTOR
TRAINING
TOOLKIT**

When you were a child/teen

What
did you
do for
fun?

What
was
your
favorite
part of
school?

What
was
your
favorite
food?

What
did you
want to
be when
you
grew
up?

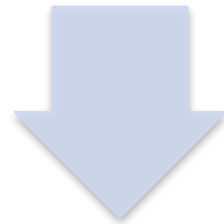
Youth

Development

- Physical
- Cognitive
- Emotional
- Social



Youth
Development



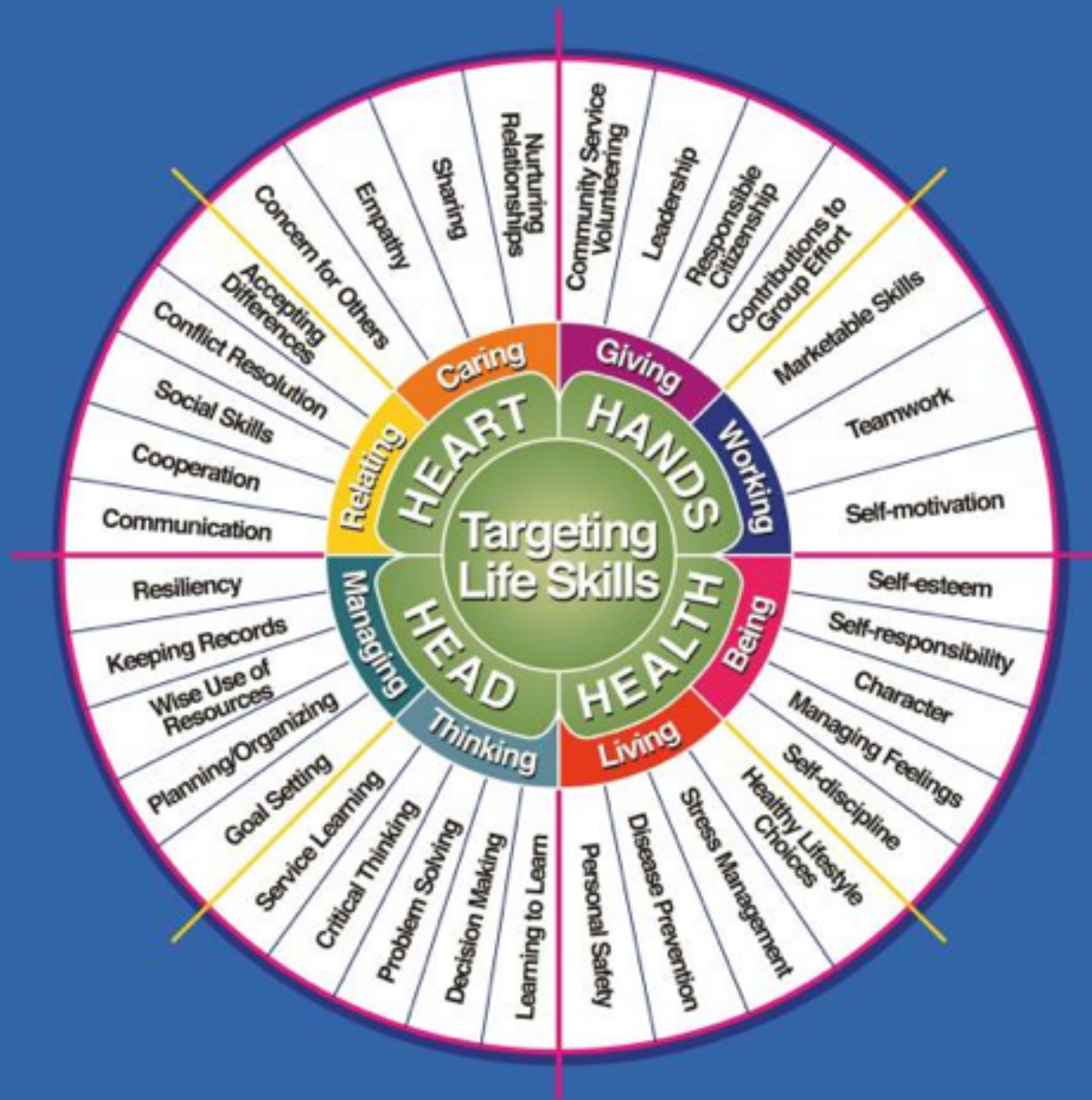
Life Skill
Development

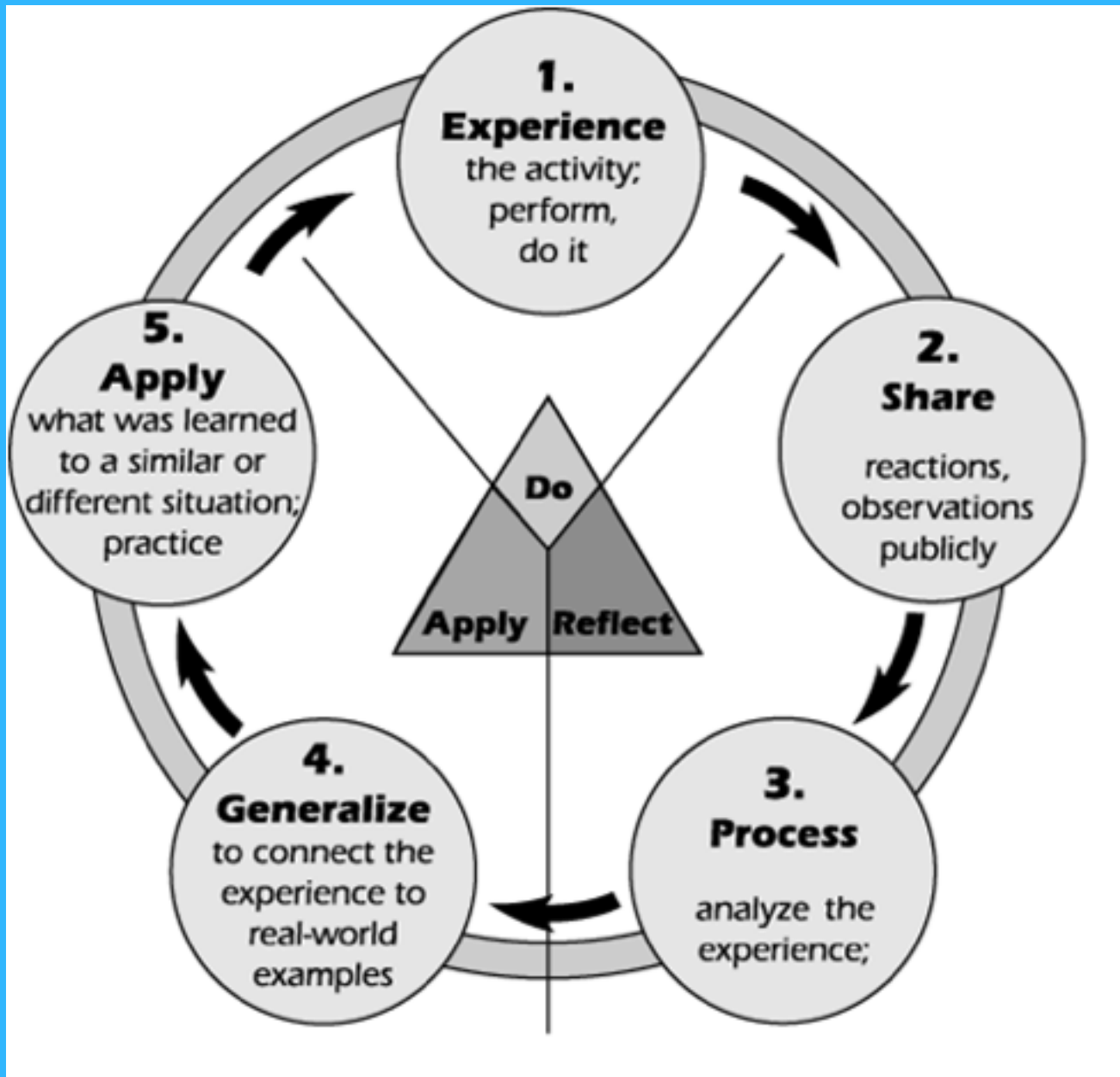


Skill



Activity





Things to Consider

Don't assume everyone is having the same experience.

Remember to ask questions where life skills are identified and discussed.

Plan ahead!



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