

Mentorship

Daughter Project Canada

What Does Mentorship Look Like?

In its simplest form, mentorship is a typically more experienced person guiding and counselling a less experienced individual (usually younger). There are no set rules when it comes to mentoring, and the mentor by no means is expected to have a perfect life or have all the answers. It's about being intentional and seeking the best in mentored, as they pursue the best in themselves. As the friendship becomes more open and meaningful, confidence grows and empowerment ensues. A positive impact on an individual life has the potential to then positively impact an entire community. It starts with just one.

Who Should I Mentor?

Anyone! Human trafficking affects every culture, age and stage at all socioeconomic level. The preteens and early teen years are difficult as youth constantly seek their identity and figure out their place in society. It's a critical time in development, and having a positive influence can set them on the right path for the rest of their life. As a mentor, you have the power to positively influence them and guide them away from the dangers of human trafficking. As you walk alongside them, you can instil a sense of self-worth and show them the value of all human lives. The focus on mentoring boys versus girls may vary, but the message is still the same: every life is valuable and every person deserves respect and the opportunity to reach their full potential.



We work to help children & youth at risk of sexual exploitation through awareness, prevention and advocacy.

Join Our Fight!

Mentoring Girls

In today's society, the biggest battle girls (and women!) face is their sense of self-esteem. Media constantly objectifies women and suggests that their value comes from their looks and status alone. Traffickers prey on girls who have low self-esteem because they are easily manipulated, as they believe they don't deserve any better. If love and attention is what the girl seeks, the trafficker will come alongside her and act like a boyfriend, and she will in turn willingly go along until it is too far to turn back on her own. This can all be prevented by instilling that sense of self-worth and reminding each girl that they deserve so much more. Women, when you are mentoring your girls, try to remember what it was like back when all you wanted was to fit in. Remember the delicate line you walked as you tried to figure out what you believed about yourself and the world around you. Remind her that it gets better, and she doesn't need to degrade herself in order to find her place in the world.

Mentoring Boys

The concept that all lives are valuable of course applies to boys and men alike, however their battle looks a little different than that of a girl. In popular media, "real" men are often portrayed as big and emotionless, always expected to be strong. The idea that they are better and more powerful than women, can often lead to the idea that women are nothing more than objects to be owned. Just like every other business, human trafficking runs on the foundation of supply and demand. This means that there is a demand by men for the sale of these young women. When we show boys from a young age the value of a human life, it has the power to change their world view, which they will carry with them into adulthood. Men, as you are mentoring your boys, remind them that there is power in respect, and we are all equal. Every life has value, and no human ever deserves to be bought, sold or owned.

Things to Remember

- It takes time! Building any relationship can sometimes take a while to develop trust and mutual respect. Don't be discouraged if it takes longer than you expected to really get momentum.
- Be consistent and reliable. Make your meetings a priority!
- R-E-S-P-E-C-T their age, stage and cultural background. Keep it appropriate and to their level.
- It's about the little things. Don't underestimate the value of a small word or simple encouragement. Oftentimes it's those seemingly insignificant acts that can have the biggest impact on a young person's life!
- How you model and live out your life is far more powerful than anything you say. Be the role model that you needed when you were their age.
- Look after yourself too! Set boundaries and remain self-reflective in order to take care of your own well-being. You can't properly look after someone else if you yourself are not ok.