



Honoring Youth Voices & Building Power



A Seedling Mentor is a:

Knowledgeable navigator
Non-judgmental sounding board

Our goal is to affirm, encourage, support, and provide unconditional positive regard.



How to elevate voices:

Provide your mentee with choices

Be open to learning from your mentee

Ask clarifying questions

Regularly check in with your mentee

Hold yourself/mentee accountable for next steps

Things to be aware of:

Be prepared to be challenged

Check your biases

Don't patronize





What does elevating youth voices look like?

“We’re looking for adult allies who can elevate our voices and get us into rooms that we are often pushed out of. We no longer want to be a generation that is seen but not heard. Let us into these rooms, give us a platform to speak, and also provide us with the resources that we need to elevate these voices and these visions we have in our head.” –Meg, 22, Black Youth Town Hall, June 2020



Be open to learning from your mentee

“What do we have individually and what can we bring to this relationship together as two separate people?” –Sydney, 22, Maximizing Youth Voice, January 2021



Unconditional Positive Regard

“My mentor did a great job breaking down those boundaries . . . Every time I would greet [my mentor], she would greet me with ‘Hello, my friend.’ Just her letting me know that we were in fact friends and that she wasn’t just an adult telling me what to do, that meant a lot to me.” –Kyndall, 17, Maximizing Youth Voice, January 2021

