

## MONTHLY



## UPDATE

## A Note from Our Team

Do you connect with others through social media, or do you prefer a nice long phone call? In our personal lives, social media can provide another way to connect virtually when so many in-person events are either canceled or adjusted to maintain a safe distance. If you've connected with Intentional Mentoring on social media, you may have caught a glimpse of some connections still taking place across the organization during this time. If you're not already, follow us on Facebook, Twitter, and Instagram to see more behind the scenes! We have some exciting things in the works, and we look forward to sharing them with you.

## Commenting on Social Media

Facebook or Instagram, YouTube or Twitter, online shopping or a favorite game -- we have so many apps to choose from. We often use our devices as resources, but if we're being honest, we can also find ourselves sucked in by what's on our screens. While some of us may (at least vaguely) remember a time before smartphones or even cell phones, our students today do not. This is the world as they've known it, and they see and use social media regularly for a variety of reasons.

To shed some light on social media usage, this month we caught up with Raven Patzke, Social Media Coordinator for Intentional Mentoring, to discuss some of the benefits, drawbacks, and ways that we can discuss social media with our mentees and

those around us.

First of all, social media provides many opportunities for us to have people and the world at our fingertips. "Some of the benefits of social media involve being able to stay connected with friends and families while apart (or in quarantine), as well as the ability to meet new people and gather new information at the touch of a button," Raven stated. It's a beautiful thing that, especially this year, social media has helped people to stay connected.

"However, social media does have its downsides," continued Raven. "With tools being accessible to just about anyone, sometimes false information or photoshopped pictures make their way

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## Shout-out

To our  
**STUDENTS & TEACHERS**  
as they adjust to  
expectations for  
hybrid and online learning  
this fall.



## Food for Thought

Mentors report greater satisfaction in their mentoring relationships when they feel  
**WELL-TRAINED,  
SUPPORTED,  
& CONFIDENT**  
in their abilities as mentors.

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## Online

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to your newsfeeds, which can cause psychological harm, especially when we compare ourselves to others. Note: No one is as perfect as they look on social media!" Social media makes it easy for us to do these comparisons in a way that is more prevalent and public than ever before. "In reality, the only person we should compare ourselves to is the person we were yesterday," Raven added.

If we can step back and recognize how our social media is making us feel and think, we become more thoughtful consumers. This can be challenging for students to do because they feel the social pressure to be connected and may not yet have the perspective of why it's important to take breaks or adjust what they consume. Learning how to manage this is an important life skill.

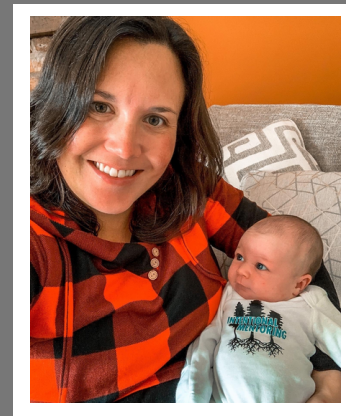
So, how do we approach this topic with the students in our lives? "A few good topics...could be simply asking what apps they use and who they like to follow on these apps and why,"

Raven advised. "Does that app make them feel happy or anxious? If it makes them anxious, maybe you can help them pinpoint the reason why and set goals, like unfollowing bad influential accounts, making it a challenge to get through the school day without using Instagram, etc...You can also reiterate (though most should hopefully know this) that not everything they read or see on the internet is true, and they should only trust reliable sources."

Having these conversations helps not only students, but all of us, to start thinking about our media usage, how we connect, and how to keep it positive. If you are looking for another way to positively connect on social media, follow us and help us learn, celebrate, and grow together! Raven reminds us that "mentors and mentees can use social media in fun ways by tagging Intentional Mentoring in posts and challenges!" We'd love to hear about your adventures, goals, and successes as you get together with your mentee this month!

## Announcement

This month we're happy to welcome **JOSEPHINE** to the team! Congratulations to Intentional Mentoring's founder, Katie, and her husband, Matt, on their new arrival!



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SHOUT-OUTS

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Interested in getting involved with Intentional Mentoring but not sure you have the skill set or the available time for coaching/mentorship? We still value your contributions! Consider monthly community outreach or helping to organize one of our events. Have questions about what help Intentional Mentoring could use or other ideas for ways you think you could help? Email us at [katiemae@intentionalmentoringmadison.org](mailto:katiemae@intentionalmentoringmadison.org).

Contact Us



## Our Mission Statement

*With guidance from coaches, mentors interact with school staff, community members, and families in order to strengthen the support network for students facing adversity.*