

Rap sheet 12 for Rap point 3 Responding to *Respect – Encouragement - Action*

To build a strong identity we need:

- ✚ to have pride in who we are and where we come from
- ✚ to learn the values that our culture passes down
- ✚ to take action to build a good life for ourselves
- ✚ someone who encourages us to be the best we can be
- ✚ ways to keep going when times get tough.

Our sports coaches, parents, big sisters and brothers, grandparents, cousins, teachers, friends or family friends can be mentors if they are putting in *effort, time* and *encouragement* to help us be the very best we can be.

Sometimes people's families are having a hard time and cannot offer support for a while. When this happens, many people turn to outside mentors to build a strong identity for themselves. They look around and copy the behaviour of people who they admire.

My mentor:
Introduction to the person and what they are doing to give me encouragement:
Why? The qualities and potential they see in me:
How I have changed in good ways because of this mentoring: