

good women

they do exist.
you can be one.
this is the project.

First of all, thank you from the bottom of my heart for giving of your time and energy to partner with us in fulfilling our mission. You are one of our most valuable assets, and we do not take you for granted. Below is a letter that we have composed to you, as a mentor, to help, encourage, and make this a little easier for you.

Many girls requesting mentors are coming to us for direct help with difficult subjects. These topics include, but are not limited to: recovering from sexual pasts, pornography, masturbation, eating disorders, family dysfunction, strained dating relationships, depression, and abuse. Nearly all of them are dealing with “normal” girl struggles: body image, loneliness, past mistakes, dating, and identity.

We recognize the fine line we are walking as we strive to provide true friendship, truth, and love – while not taking the place of professional help or attempting to be their Savior. In light of this, we humbly ask that you remember:

- *Your value is in your committed love and vulnerability, not your ability to “fix” another.*
- *Speak with confident humility.* You are responsible for the truth and advice you share.
- Your mentee is *impressionable*. Strive to speak truth without bias, advice without pride.
- Get to know her *whole* life, not just “the issue.” Issues are rooted *somewhere*.
- *Encourage.* Be her encourager. Speak life and hope. Remind her you are proud of her.
- *Jesus is our Healer*, and these girls are new creations. Always acknowledge Jesus’ role.
- *Use the Bible.* Words of life heal and transform. Help give her verses as an anchor of truth.
- *God gives out wisdom generously.* Just as in parenting, encourage her to learn to seek Him *first*.
- *Build a relationship.* Your influence comes after you have won a place in her heart.
- *Ask questions.* The conclusions someone comes to “on their own” will stay with them forever.
- *Our battle is not against flesh and blood.* Commit to pray for the girl you are mentoring.
- *Join them in seeking out resources.* Help her find books, articles, passages of the Bible, etc.
- *Cultivate trust.* Most girls do not have a confidant. It’s crucial that you don’t share her secrets.
- *It takes time.* Don’t worry if you don’t see “results.” You are here to *walk* alongside them.
- *Seek advice.* If your girl comes to you with a question you don’t know the answer to, seek it out!
- *Encourage community.* Encourage her to get involved in church, counseling, small groups, etc.
- *Recommend professional help* when you believe it is necessary.
- *Avoid “Christianese.”* This is real life. Speak as you would to a close girlfriend.

If at any point in time in your mentoring relationship, you have questions, concerns, or need to bounce something off of us, we encourage you to email Rachel at Rachel@goodwomenproject.com. If you want to update us on how things are going, please do! We are here for you, and infinitely thankful for you.

If you become concerned with your mentee's mental, emotional, or physical state or safety, *please contact us immediately*. We will assist you in putting her in touch with a pastor and/or professional help.

We do not want to put you in a position that makes you uncomfortable. If there are certain topics you are uncomfortable discussing with a girl, let us know. We are doing our best to match you with a girl who can develop a friendship with you based off of previous experiences. You have a story for a purpose, and we want you to make the most of it.

When you become a mentor endorsed by Good Women Project, it indicates that you agree with our Statement Of Faith. If you have not read it yet, please do. Also, *please note that the girl you are mentoring may have questions about God, and may not be firm in her faith or beliefs*. We ask you to aid her in seeking out those truths, but to please be careful in communicating your personal convictions (particularly important when it comes to dating habits, modesty/tattoos/piercings, family behavior, language, some lifestyle choices, etc) as absolute truths that are pillars of Christianity.

Thank you again from the bottom of my heart. We are blessed to have you.

- Lauren

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Useful Links:

Mentoring Program Survey: goodwomenproject.com/mentoring-program-survey

Mentor Application: goodwomenproject.com/mentorform.htm

Mentee Application: goodwomenproject.com/menteeform.htm