



Shawna's House
Teen Chat Room

*...where the floor is yours
and the vines in our design symbolize strength and unity*



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SHAWNA'S HOUSE TEEN CHAT ROOM

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Thank you for considering Shawna's House Teen Chat Room for your teen!



SHAWNA'S HOUSE TEEN CHAT ROOM

Founder/ Director/Mentor:

Shawna K Clark is a wife, mother of four, youth mentor, court appointed youth advocate (CASA of Philadelphia) and Blogger of various life topics. Shawna has been a youth mentor for over five years. She is also currently working toward a degree in Marriage Family Relationship Therapy. Mentoring and community service projects with youth have become a life passion for Shawna. It is important to her to allow youth of today to have a voice and a support system. Often youth feel misunderstood and alone. Creating Shawna's House Teen Chat Room is an avenue for teens to be themselves, speak their mind without judgment and receive guidance from their peers and adult mentors. The mentoring network is a safe zone for teens to exercise their freedom of speech and offers the opportunity to network with other teens from various neighborhoods and life styles. Including community service projects into the mentoring network will bring awareness to the importance of improving the surroundings in which we live, attend school, work and socialize. Recognizing the community need for a positive teen outlet and a place for teens to learn valuable life skills also drives the foundation of Shawna's House Teen Chat Room. Everyone needs a support team, someone to depend on, someone that you can trust and consider a friend.

Assistant Director/Mentor:

Chef Brian Clark is a husband, father of four, professional Chef and Entrepreneur. Chef Brian has a story to tell and is willing to share his, to motivate and encourage today's youth. He has worked his way up from the low man to the top man within his field. Despite becoming a father at a young age and dealing with various urban problems, Chef Brian was determined to beat the odds and become successful. One of his beliefs is to give back to youth today because without proper guidance our youth today will be lost. It is important to him that today's youth learn how to reach their full potential. There are so many absent positive male role models and it is important for youth and adults to know real men do exist. Chef Brian offers a positive male perspective; he listens first, observes second and advises third.



Motto: Where the floor is yours (the vines in our design symbolize strength and unity)

Mentoring Network Mission:

Shawna's House Teen Chat Room is dedicated to enhancing the lives of teen's ages 13 to 18 by providing the tools that will in turn help develop them into their full potential, capable of making positive choices and become responsible productive adults.

Mentoring Network Vision:

The goal of Shawna's House Teen Chat Room is to allow teens to have a voice while engaging among their peers with positive adult mentor guidance. It is a mentoring network that will build confidence, respect for self and others, improve self-worth and identify their life's purpose and passion.

Mentoring Network Goal:

- Teens learn to take charge and focus on what they can influence rather than what is out of their control
- Teens learn to demand the best of themselves and accept responsibility for their actions and attitudes
- Teens learn the importance of communicating and teamwork
- Teens understand the importance of education
- Teens learn to value diversity and be confident in themselves so they are free to accept the differences of others
- Teens learn when to work independently and when to ask for needed help
- Teens and mentors learn that they have the ability to make a difference in their lives and someone else's life
- Long-term relationships between teens and mentors are developed through a mutual respect for different points of view



Mentoring Network Design:

Monthly sessions will operate in a roundtable format; October to June. This session format was chosen to allow for extensive discussions and feedback in a flexible informal environment. This meeting style is excellent for giving and receiving specific information while engaging with peers and mentors. This is a way to develop communication and social skills. Within society it is important to know how to convey thoughts and ideas with others. Also, the informal setup is an inviting way for teens to open up and voice their opinions without judgment and criticism.

Shawna's House Teen Chat Room mentoring network is open to ages 13 to 18 despite gender, race, religion and life styles. Offering a diverse mentoring network mimics society with a variety of people such as gender, ethnic backgrounds, social classes and ages. Many of the characteristics of adolescence are normal, common, developmental traits and consequently do not vary significantly from one generation to the next or by social status. Having male and female mentors also offers the balance of various adult perspectives.

Along with monthly sessions the mentoring network will incorporate various community service projects and social outings. Community service projects are important to bring awareness to teens today about helping someone other than themselves. It will be fun and rewarding not only to the teens but to those we will be helping within our communities. The social outings will be opportunities to incorporate some of the lessons learned and to allow for fun activities as a group.

Session Topics:

Shawna's House Teen Chat Room mentoring network will meet once a month October till June. The sessions will operate based on a preplanned agenda completed by the director and assistant director. Sessions are based on various topics that fulfill the mission of the organization and often teen's suggestions. Topics will include but not limited to: confidence building; goal planning; creating a vision; defining individual life purpose; being respectful to self and others; self-esteem and self-worth; abstinence, drug and alcohol abuse; teen dating/domestic violence awareness; life skills; career planning; importance of education; eating and making healthy food; cooking basics; financial planning and awareness; decision making skills; maximizing your full potential; time management; conflict resolution, guest speakers etc. that relate to a teens everyday life and beyond.



Role of a Mentor:

A mentor is a positive, enthusiastic and supportive adult. The mentor is not to replace or act as a parent or guardian. Mentors will value teen participants as a person, develop mutual trust and respect, listen to what is being said and how it is being said; help solve problems rather than give direction and focus on participants development. A mentor may share his or her own personal experiences as a means to relate, inspire, motivate, encourage and assist with goal planning and personal/professional growth. Webster's definition of a mentor: a person looked upon for wise advice and guidance.

Role of a Teen Participant:

Teen will be open to receive feedback, be respectful, ask questions, be open minded and willing to participate in sessions, community service projects and social events.

Dos and Don'ts of Mentors:

- Have an open mind; do not discount, dismiss, or minimize
- Provide constructive criticism; do not demean or make light of a perceived obstacle or place undue guilt on teens
- Provide support, but do not become a "crutch" for the teens
- Offer feedback and suggestions; do not automatically give advice or criticize
- Assist with planning teens goals; do not expect to make a mini version of you
- Work through conflicts in a positive manner; do not encourage or participate in inappropriate behavior
- Respect teens time as much as you respect your own; do not assume your schedule is more valuable.
- Keep the relationship on a professional basis; do not cross the professional boundaries
- Keep the door open for teen communication; do not end mentoring relationship on a negative note
- Have positive discussions about differences; do not discuss inappropriate topics
- Listen and allow teen to speak; do not ignore or minimize the conversation
- Stay in your comfort zone; do not try to relate so much you are not being yourself
- Offer guidance and support; do not try to replace a parent or guardian role
- Encourage and motivate; do not create relationships that create favoritism



Questions and Answers:

If my teen shares information that may have cause for alarm, will I as a parent be told?

Yes, it is important for teen participants and mentors to keep session details confidential, however in the event that information comes out that warrants a parents involvement a meeting with the parent or guardian will be scheduled to discuss. Also, parents and guardians may at any time request to speak with mentors regarding their teen(s).

Why does the mentoring network include teen males and females?

Within society we are forced to converse with and interact with males, females and people from diverse backgrounds. Shawna's House Teen Chat Room includes all teens to keep the balance of diversity. This helps develop communication and social skills while keeping an open mind.

Why does Shawna's House Teen Chat Room include a wide range of ages 13 to 18?

A teen is someone who is from the age group 13 to 18. Having a group of younger and older teens will create teen peer mentoring along with adult mentoring through the various discussions. Some of the older teens have already experienced what some of the younger teens are dealing with and could offer their story for support and guidance. The older teens will benefit from the discussions and will also help someone else in the process. Sometimes things are better understood when it comes from someone who can directly relate.

Is Shawna's House Teen Chat Room a Non-Profit Organization?

Yes, the organization is a Non-Profit Incorporation

When will the sessions be held and what time?

Sessions will be held during the months of October till June. Any changes to date, time and or location will be announced prior.