

1. **Do find ways to encourage and give hope.** Find ways to build up the mentee and impart confidence. Point out the positive steps they are taking and don't dwell on their mistakes. If they are open to it, pray with and for them.
2. **Do work as a team.** Keep in regular contact with the other members of your mentoring group. The challenges the mentee faces may seem overwhelming. Do not take on the mentee's problems as your own. You don't have to be an expert to be a good mentor. Try to be a friend and a stable influence, but turn over areas beyond your abilities and experience to one of the 70 x 7 staff.
3. **Do be natural.** Be real and be yourself. Have a sense of humor about cultural differences and be open to learn as you go. Don't pretend to understand if you don't. "I don't know, but I'll find out," carries a lot of weight if you follow through.
4. **Do be careful with confidentiality.** Let your mentee know that any information that would call into question the safety of themselves or other will not be kept confidential. Be familiar with requirements for reporting abuse or violations of the law. Avoid embarrassing the mentee by introducing them to others with something like, "I'd like you to meet John, and he just got out of prison. We're trying to help him." Do not share information about the mentee with anyone who is not part of the mentoring program at 70 x 7 Life Recovery.
5. **Don't make promises you can't keep.** Be very careful what you promise. To build trust and respect, you must mean what you say. If you aren't sure you can do something, don't promise it. If unexpected circumstances prevent you from following through, apologize.
6. **Don't give out your personal address or phone number initially.** We want to avoid problems if the relationship does not go well. If mentees do not have your personal information, it can provide more security. The phone or address you should give in the beginning is one of several choices: your church, work, or 70 x 7 Life Recovery.
7. **Do not provide childcare for the mentee.** If you spend time with the mentee's children, the mentee should always be present. Feel free to connect them elsewhere to meet childcare needs.

8. **Do be careful driving a mentee.** Do not offer to be their daily chauffeur. Try to make them as independent as possible. An occasional ride to an appointment or meeting is okay as long as you carry automobile insurance.
9. **Don't handle money or checks for the mentee.** It's okay to offer advice about finances, or to help them figure out a budget or plan for paying bills, but DO NOT handle their money. By offering to handle their money, you open yourself up to all kinds of problems and potential lawsuits.
10. **Don't enter into any business transactions.** Keep your focus on mentoring. Don't get into business deals or employing them. Don't loan or give them money. Don't offer to sell their artwork or anything else. Feel free to connect them elsewhere for these services.
11. **Do be careful about physical contact.** All physical contact starts with caution. Be sensitive to their situation and needs. A handshake is all that's needed in the beginning. If you warm up to each other, be careful with hugging. A sideways hug is usually better than a face-on, big bear hug. Also, be careful you don't pat them like children; it may offend them.
12. **Do say no when necessary.** If you get asked to do something that doesn't seem right, just say no! If you aren't certain about something, say no. You are not the mentee's servant, taxi service, or errand person. Legally, do not give advice.
13. **Do not criticize parole office, prison, denominations, races, or countries.** Be careful not to get caught up in the blame game. Try to steer conversations to positive situations and constructive comments about what is going on now. Don't dwell on the past. Speak the truth in love. Do not be pushy or preachy.
14. **Don't mail or correspond for them.** Let them handle their own correspondence and mail. If they are doing something illegal, you open yourself up to a federal offense. Encourage them to handle their own business.
15. **Don't accept gifts (with some exceptions) from mentees.** It can be ok to accept simple inexpensive gifts for a birthday or holiday, but don't accept expensive gifts or gifts given frequently. This avoids the potential for bad feelings developing or blackmail.