

## **Make a Difference BECOME A MENTOR**

Momentum Bike Clubs and the Race, Ethnicity, Youth, and Social Equity (REYSE) Collaboratory at Clemson University are seeking confident, caring BIPOC adults to serve as mentors to Black, Indigenous, and People of Color (BIPOC) youth in the Upstate South Carolina region. Youth of color in urban communities often face many challenges that inhibit their development. Recent instances of police brutality and racism in the United States have heightened the need to consider the impact of racism-related experiences on the health and wellness of the youth in our communities. Momentum Bike Clubs and REYSE scholars have recognized the need to create a space for BIPOC youth to process trauma with the support of healthy BIPOC mentor relationships. “*Artistically Reshaping Trauma A.R.T.+ Circles*” is a group-mentoring program specifically created for BIPOC youth in response to recent events. This program will use a variety of art forms in a small group setting to assist students in overcoming racial trauma, finding their voice, and increasing their understanding of their capacity to enact social change.

### ***As a mentor for A.R.T.+ Circles, you will:***

- Mentor a group of 2-5 students
- Attend each session and “check ins” with your group of students; meetings are twice a month for A.R.T.+ Circles and once a month for community building.
- Support and connect with your mentees through engaging, arts-based activities and youth-led small group discussions.
- Build caring relationships with your mentees by affirming their input and experiences.
- Receive training and ongoing support from Momentum Bike Clubs and REYSE teams.

### ***Ideal mentor candidates:***

- Relate well to young people
- Are active listeners
- Have a high level of self-awareness
- Have a commitment to social justice

### ***Time Commitment:***

A.R.T.+ Circles will begin in March 2021 and will be a 12-week commitment. Students and mentors participating in the program will meet every 2<sup>nd</sup>, and 4<sup>th</sup> Sunday evening of the month throughout the duration of the program. In order to ensure the safety of our students and volunteers, this cycle of A.R.T.+ Circles will be conducted via Zoom.

For more information contact Tavaghna Monts, Associate Director of Momentum Bike Clubs at [tmonts@clemson.edu](mailto:tmonts@clemson.edu)