

Young Person Information Sheet

Share the Spark Inc. is an ACNC approved charity focused on helping youth find the SPARK that leads towards a fulfilling life. We recognise that young people today are under increasing amounts of pressure and stress from many different sources.

Are you -

- unsure what to do with your life or how to keep going,
- having a hard time relating to your peers or your parents,
- feeling pressured to do things you don't want to do,
- feeling depressed, angry, upset or stifled,
- feeling like you don't fit in anywhere?

There are unlimited places and career options, but finding what works for you is not an easy task. Share the Spark lets you experience different professions and get different perspectives from people who are passionate about what they do. You can experience many different jobs and even pursuits like sailing or sculpting to find out what sparks your interest. Spark mentors are here to help you get excited about your life.

It is about empowering you to make life affirming choices. It is about experimenting, finding what is fun and finding what you like. Experimenting means sometimes you change your mind, and that is perfectly fine. It is part of the process. No judgement here.

How does Spark work?

Example 1: *I am really feeling pressured to choose (a course of study, a job pathway, a school)*

Answer: How can you choose if you don't really know what you want? Or don't know what is out there? Share the Spark is a big buffet. You pick what you are interested in and get a taste of it. You don't have to eat everything on your plate. You can choose and you can change your mind. If you know what you want to go for but it is not what your parents want for you, test out all your options and then have an informed discussion with them based on your own actual experiences.

Example 2: *I am being bullied at school.*

Answer: Your mentor is a person outside the family who has your back and does not pressure or judge you. They will listen to you and help you find solutions. When you spend time with a passionate professional who has worked hard to get where they are, you get the benefit of learning how they dealt with life's obstacles. You build confidence in who you are and find the ability to be yourself no matter what other people think.

Example 3: *What is the point!?!*

Answer: You are not the only one who has felt that way and passionate professionals have gone through times when they asked the same question. They found an answer and they found their passion in life....and you can too. Our mentors can help you find what makes life worth living.



Empowering youth to make life affirming choices.



www.sharethespark.org.au

To enrol in our micro-mentoring program, visit our website or email succeed@sharethespark.org.au.

FAQ's

Q: Do I have to tell my parents?

If you are 18 or under then we need them to sign a consent form.

Q: How much does it cost?

It is free.

Q: How do I get there?

You can make your own way there, ask your parents to drive, or make an arrangement with your mentor.

Q: How often do we meet, when, where and for how long?

You work out the best times to meet between you and you decide how often. Usually fortnightly for at least an hour at your mentor's place of work. You can meet them only once or you can meet regularly for up to 2 years. It is your choice.

Q: Who chooses the mentor?

You do. And if we do not have a mentor in the profession you want we will do everything we can to get them for you. In the meantime, you can try out something you never thought of and maybe you will be surprised.

Q: What if I don't like the mentor?

You can change your mind and choose another.

Q: What am I going to do with my mentor?

You get to spend time with the mentor you chose, usually while they are working. You can observe, ask questions and learn what they do. You also get time to talk about your future, your problems, and anything else you want to speak about. They will give you honest, helpful and non-judgemental feedback and information. What you do with that is up to you.

Q: What results can I expect?

Most young people emerge from the program with a clearer sense of purpose, more resilience, increased ability to handle strong emotions and better self-esteem. Plus, knowledge and experience of different work environments and connections to successful professionals!

Q: How long does the program last?

It depends on you. You can continue to go as long as you feel you are getting benefit from it. The maximum program length is two years, but at any time the mentor relationship can turn into an official apprenticeship or even paid employment. If that happens you exit the Spark program.

Q: What if I can't make a meeting?

No problem, the arrangements are flexible. If you can't make it, then let them know and your mentor will do the same for you.

Q: What if I want to stop.

Just say so. You can stop at any time. And start up again later if you wish.

Q: How do you screen and train your mentors?

All our mentors have approved Working with Children Checks. References are checked. They complete our in-depth training programs. Our youth adviser meets with them before they meet with you. And most of the time, the programs take place in the professionals working environment or another public place.

To enrol in our micro-mentoring program or for more information, please email us at succeed@sharethespark.org.au.