



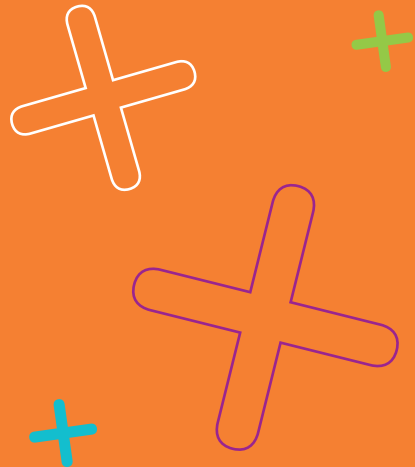
A GUIDE TO ON-LINE RESOURCES

FOR PEER MENTORS

“...I KNOW SOMEONE  
WHO CAN...”

Mentoring+  
Befriending  
Foundation





>>> CLICK ON THE LINKS ON EACH PAGE  
FOR MORE INFORMATION

"...i know someone who can..."

WELCOME TO

"...I KNOW SOMEONE WHO CAN..."

Your personal guide to information available on the web that will help you to help your mentee when dealing with a range of issues from bullying to drugs and volunteering to stress...

Effective signposting is a really important skill for every peer mentor to have. You are never expected to have the answers to all the problems that might come your way, but being able to point someone in the right direction can be really helpful.

The idea of this resource is to provide information for you and your mentee, so that even if you don't have the answers straight away, you can look up useful information on the web. In other words, you might not be able to help directly but you "know someone who can!"

If you are a peer mentor and your mentee is aged between 11 and 25, then this resource is for you. Most of the websites have an indication of the age range they are targeting. Take a look; we hope you find them useful!

# ANTI-BULLYING

## [www.kidscape.org.uk](http://www.kidscape.org.uk)

Homepage of the national anti-bullying website

## [www.nspcc.org.uk/under18](http://www.nspcc.org.uk/under18)

NSPCC homepage giving links to a range of anti-bullying contacts

## [www.need2know.co.uk/beatbullying](http://www.need2know.co.uk/beatbullying)

Interactive website for those being bullied, those bullying or those supporting others

## [www.there4me.com](http://www.there4me.com)

Advice for 12-16 year olds on issues including bullying, drugs, relationships, exams and difficulties at home (is provided by NSPCC)

## [www.sortit.org.uk](http://www.sortit.org.uk)

Magazine for 11-16 year olds with visual impairments. Includes areas on bullying

## [www.bbclic.com](http://www.bbclic.com)

Beat Bullying website. Lots of information on a range of issues, also asks for your input and opinions

## [www.bullying.co.uk](http://www.bullying.co.uk)

Anti-bullying website – loads of useful information

## [www.stoptextbully.com](http://www.stoptextbully.com)

All bullying is wrong. stoptextbully.com is here to help you make a text bully stop. Just click on the kind of text bullying you're worried about to get started!

"...i know someone who can..."

“ ALTHOUGH WE KNOW IT **SHOULDN'T HAPPEN**,  
THERE ARE SOME PEOPLE WHO GET  
**BULLIED.**

THESE SITES ARE AIMED AT

SUPPORTING

THE **BULLIED** AND

THE **BULLY**”



# “ DRINK, DRUGS

AND CIGARETTES! THEY'RE ALL EASILY AVAILABLE  
BUT THEY ALL HAVE RISKS AS WELL AS HIGH.

DO REMEMBER THAT MOST DRUGS ARE  
ILLEGAL

SO, IF YOU'RE NOT SURE  
ABOUT SOMETHING ALWAYS SPEAK TO  
YOUR CO-ORDINATOR ”



## DRUGS,

## ALCOHOL AND SMOKING

### [www.talktofrank.com](http://www.talktofrank.com)

National drugs helpline with loads of information, including on-line support and free-phone number

### [www.mentorfoundation.org](http://www.mentorfoundation.org)

Useful website with a focus on the prevention of drug misuse and the promotion of health and well-being of young people – links to other useful information

### [www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk)

For 14-16 year olds, this site provides facts about health in a fun and interesting way. Includes sections on smoking, alcohol and drugs

### [www.roycastle.org/kats](http://www.roycastle.org/kats)

KATS (Kids Against Tobacco Smoke) gives lots of interactive information about the harmful effects of smoking

### [www.supportline.org.uk](http://www.supportline.org.uk)

Click on 'problems' for a list of issues you can find support and helplines for, including alcohol and drugs problems.

### [www.thesite.org/drinkanddrugs](http://www.thesite.org/drinkanddrugs)

This website covers a range of issues aimed at 16 + including lots of useful information about drugs and alcohol

“...i know someone who can...”

SEX AND

RELATIONSHIPS

[www.brook.org.uk](http://www.brook.org.uk)

National provider of free, confidential sexual health advice and services specifically for young people under 25. 17 centres nationwide

[www.likeitis.org](http://www.likeitis.org)

Interactive website looking at sex and healthy relationships

[www.ypsh.net](http://www.ypsh.net)

Loads of useful information on sexual health, contraception, STI's, clinics, emergency contraception. Plus contact information for support groups and a 'tricky questions' facility

[www.ruthinking.co.uk](http://www.ruthinking.co.uk)

Info about sex, relationships, contraception and STI's

[www.avert.org](http://www.avert.org)

Info about HIV and AIDS (teen's pages)

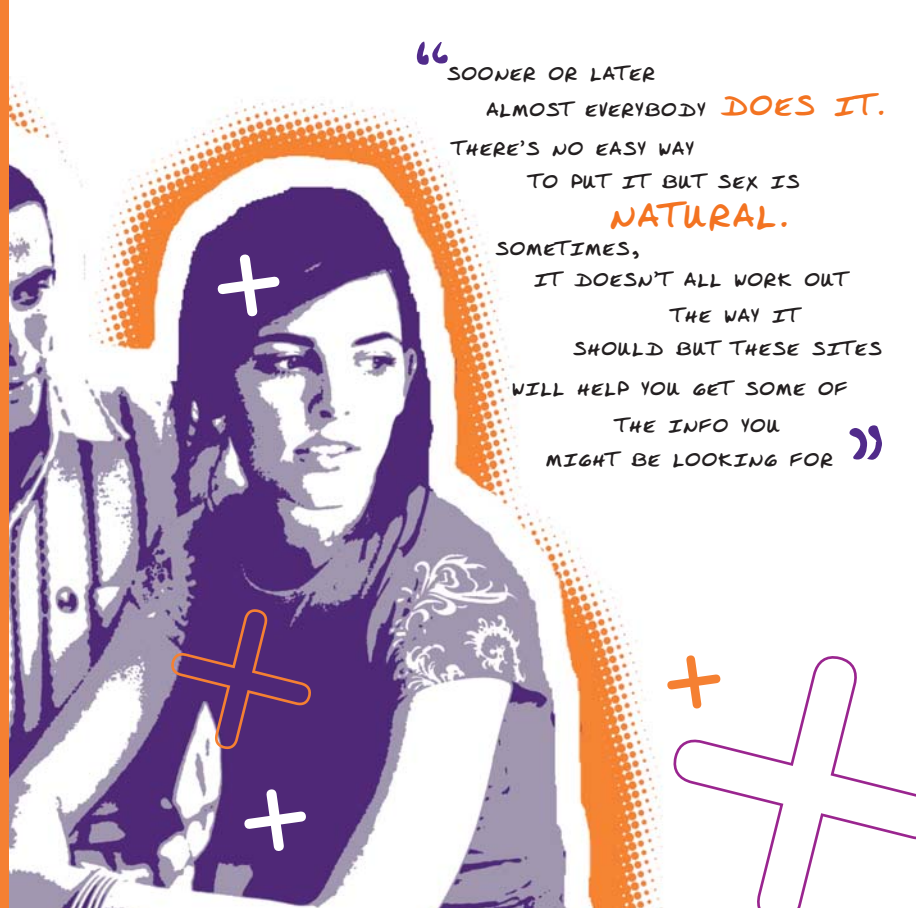
[www.thesite.org/sexandrelationships](http://www.thesite.org/sexandrelationships)

Sex and relationship advice aimed at 16-25 year olds

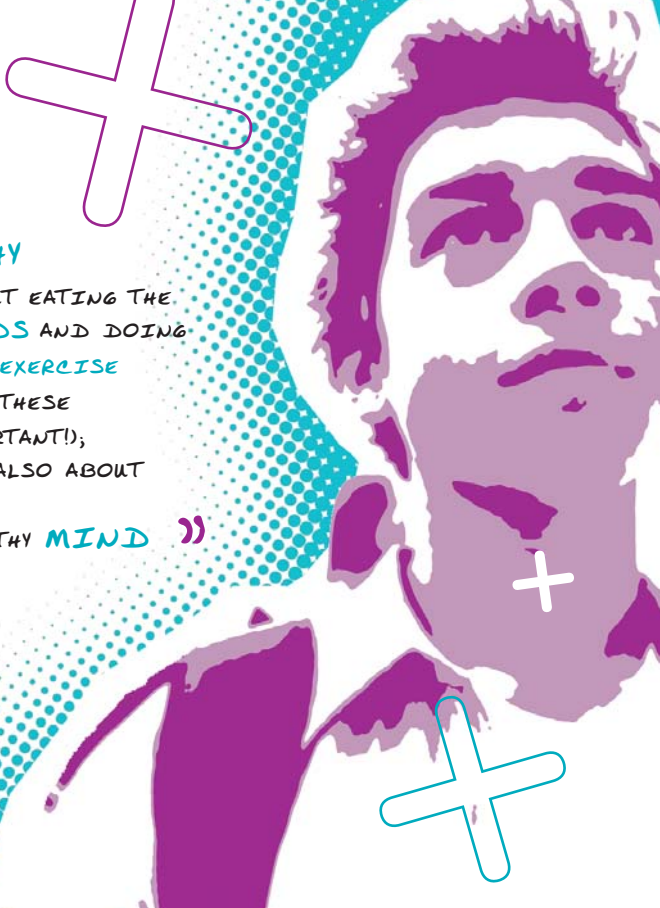
[www.fpa.org.uk/information](http://www.fpa.org.uk/information)

Lots of information about sex, contraception and sexual health, including a facility to help you find your nearest Family Planning Centre

"...i know someone who can..."



“ SOONER OR LATER  
ALMOST EVERYBODY DOES IT.  
THERE'S NO EASY WAY  
TO PUT IT BUT SEX IS  
NATURAL.  
SOMETIMES,  
IT DOESN'T ALL WORK OUT  
THE WAY IT  
SHOULD BUT THESE SITES  
WILL HELP YOU GET SOME OF  
THE INFO YOU  
MIGHT BE LOOKING FOR ”



“ BEING HEALTHY ISN'T JUST ABOUT EATING THE RIGHT FOODS AND DOING REGULAR EXERCISE (ALTHOUGH THESE ARE VERY IMPORTANT!); IT IS ALSO ABOUT KEEPING A HEALTHY MIND ”

## PHYSICAL, MENTAL AND EMOTIONAL HEALTH

### [www.wiredforhealth.gov.uk](http://www.wiredforhealth.gov.uk)

Four interactive sites covering aspects of health and well-being for different age groups:

[www.welltown.gov.uk](http://www.welltown.gov.uk) (aged 5-7)

[www.galaxy-h.gov.uk](http://www.galaxy-h.gov.uk) (aged 7-11)

[www.lifebytes.gov.uk](http://www.lifebytes.gov.uk) (aged 11-14)

[www.mindbodysoul.gov.uk](http://www.mindbodysoul.gov.uk) (aged 14-16)

### [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

Interactive site giving advice and information about the issues affecting the mental wellbeing of young people. Information leaflets available for a wide range of issues

### [www.stressbusting.co.uk](http://www.stressbusting.co.uk)

Covering a range of stress related issues, this website has a mini survey to assess how stressed you are. It also looks at linked topics such as home-life, diet, school etc

### [www.peermentoring.org.uk](http://www.peermentoring.org.uk)

Visit the 'Student's Area' for information specifically aimed at peer mentors aged 11-16 and links to other health related sites

### [www.kidshealth.org/teen/your\\_mind](http://www.kidshealth.org/teen/your_mind)

Being healthy means dealing with the changes in your body - and your mind. Relationships, body image, families, emotions ... sort it all out on this website

### [www.teenweightwise.com](http://www.teenweightwise.com)

Find out how healthy you are by taking the quiz, and get tons of advice about the right foods including some great recipes!

### [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

National site for reference on eating disorders. If you are still uncertain, always seek further support

## SAFETY, CRIME AND YOUTH OFFENDING

### [www.criminaldamage.net](http://www.criminaldamage.net)

Games, competitions and information about crime and the law for young people aged 11-16

### [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Internet safety tips and safe social networking advice for 11-16 year olds

### [www.yjb.gov.uk/en-gb/yjs/](http://www.yjb.gov.uk/en-gb/yjs/)

#### [ChildrenandYoungPeople/LockDown](http://www.yjb.gov.uk/en-gb/yjs/ChildrenandYoungPeople/LockDown)

A new magazine about and for young people in custody

### [www.kidsmart.org.uk](http://www.kidsmart.org.uk)

On-line safety for over 11s

### [www.rizer.co.uk](http://www.rizer.co.uk)

It's what you need to know about crime, the law and you. From the mouths of young people like you, so you know it's real

### [www.met.police.uk/youngpeople](http://www.met.police.uk/youngpeople)

Personal safety advice for young people

### [www.mandbf.org.uk/resources/publications](http://www.mandbf.org.uk/resources/publications)

Personal safety leaflet available for volunteers and peer mentors

"...i know someone who can..."

“THERE ARE  
SOME PEOPLE WHO  
HAVE EITHER BEEN IN  
TROUBLE WITH  
THE LAW

OR ARE HEADING THAT WAY.

SOME OF THESE WEBSITES

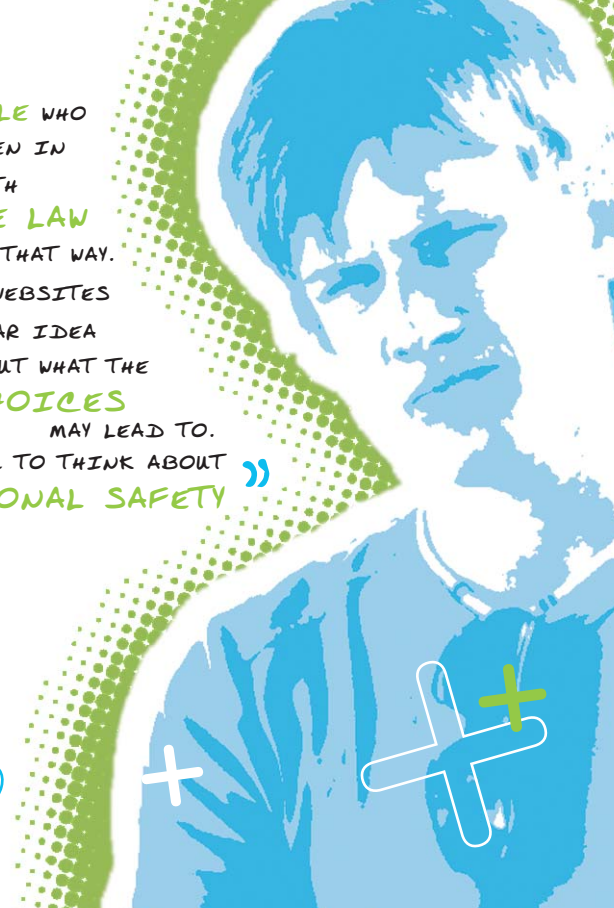
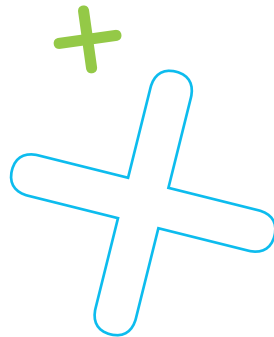
GIVE A CLEAR IDEA

ABOUT WHAT THE

WRONG CHOICES

MAY LEAD TO.

OTHERS HELP YOU TO THINK ABOUT  
YOUR OWN PERSONAL SAFETY”





“ LIVING WITH A DISABILITY  
CAN BE TOUGH  
WITHOUT THE RIGHT  
SUPPORT,  
AND CAN BE MADE HARDER BY  
THE ATTITUDES OR  
LACK OF UNDERSTANDING  
OF OTHER PEOPLE.  
CHECK OUT THESE  
WEBSITES  
FOR INFORMATION AND  
SUPPORT AVAILABLE ”

## DISABILITIES

[www.whizz-kidz.org.uk](http://www.whizz-kidz.org.uk)

Invaluable resource for young disabled people

[www.kids-online.org.uk](http://www.kids-online.org.uk)

Kids works with disabled children, young people and their families

[www.mencap.org.uk](http://www.mencap.org.uk)

Mencap is the UK's leading learning disability charity working with people with a learning disability. Find out about housing and support, community and leisure and loads more!

[www.hi2u.org.uk](http://www.hi2u.org.uk)

Young person friendly website on ADHD, Asperger's Syndrome and Dyslexia

[www.youreable.com](http://www.youreable.com)

Information, advice and services for disabled people. Features forums, discussion, job ads and penpals

[www.yp-in.net](http://www.yp-in.net)

Young people's inclusion network – a space for disabled people

[www.inclusive.co.uk/useful/disab](http://www.inclusive.co.uk/useful/disab)

Links to organisations that offer support for people living with a range of disabilities and conditions

“...i know someone who can...”



## YOUNG CARERS AND YOUNG PEOPLE IN CARE

[www.anationalvoice.org](http://www.anationalvoice.org)

News stories for young people in care, written and edited by young people

[www.youngcarers.net](http://www.youngcarers.net)

On-line advice for young carers

[www.barnardos.org.uk](http://www.barnardos.org.uk)

Barnardos runs 24 leaving care services across the UK which aim to bridge the gap for looked after children between leaving care and living in the adult world. Contains information for young carers

[www.leavingcare.org](http://www.leavingcare.org)

Enquiries page for young people who have experienced care

[www.youngcarer.com](http://www.youngcarer.com)

Loads of information for young carers, including finding projects near you!

[www.nch.org.uk/information](http://www.nch.org.uk/information)

Resources and help-lines for young carers

"...i know someone who can..."



“ CARE-EXPERIENCED

YOUNG PEOPLE CAN OFTEN  
FEEL THAT NOBODY UNDERSTANDS  
WHAT LIFE IS LIKE FOR THEM.

THESE WEBSITES HELP

YOUNG CARERS,  
LOOKED AFTER CHILDREN  
AND CARE LEAVERS

TO SEE THAT THEY'RE  
NOT ALONE AND  
TO GET THE SUPPORT  
THEY NEED ”





“ DEALING WITH  
SEXUALITY CAN BE AN  
EXTREMELY DIFFICULT AND  
STRESSFUL TIME. HOWEVER,  
THERE IS LOTS OF  
ADVICE, INFORMATION  
AND SUPPORT  
AVAILABLE OUT THERE AND  
THESE WEBSITES COULD BE  
A GOOD PLACE TO START ”

LGBT

(LESBIAN,

GAY, BISEXUAL, TRANSGENDER)

[www.queeryouth.co.uk](http://www.queeryouth.co.uk)

A national non-profit making organisation that is run by and for Lesbian, Gay, Bisexual and Transgendered (LGBT) Young People

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)

LGBT Youth Scotland is a national youth organisation working towards the inclusion of lesbian, gay, bisexual and transgender young people

[www.avert.org](http://www.avert.org)

Avert is an international AIDS charity. There is a large gay and lesbian section with useful resources and information on coming out

[www.tht.org.uk](http://www.tht.org.uk)

The Terrence Higgins Trust website – loads of info and advice about sex, no matter what your sexuality

[www.schools-out.org.uk](http://www.schools-out.org.uk)

The ‘Student Toolkit’ on this site is for young people in any British secondary educational setting who are – or are perceived to be – lesbian, gay, bisexual, or transgender/transsexual

“...i know someone who can...”

# RACISM, DISCRIMINATION, EQUALITY AND DIVERSITY

## [www.unicef.org.uk/youthvoice](http://www.unicef.org.uk/youthvoice)

Network of young people, aged 11-18, who are committed to children's rights

## [www.youthnoise.com](http://www.youthnoise.com)

Youth Noise is a social networking site for people under 27 who have a cause they are passionate about and want to share. Run by youth for youth

## [www.britkid.org](http://www.britkid.org)

Britkid is a website about race, racism, and growing up in Britain. An interactive site for young people, you can enter the lives of 9 young people from different backgrounds growing up in Britain

## [www.yre.org.uk](http://www.yre.org.uk)

Youth against Racism in Europe is a campaigning international youth organisation, active in 16 countries in Europe

## [www.bullying.co.uk](http://www.bullying.co.uk)

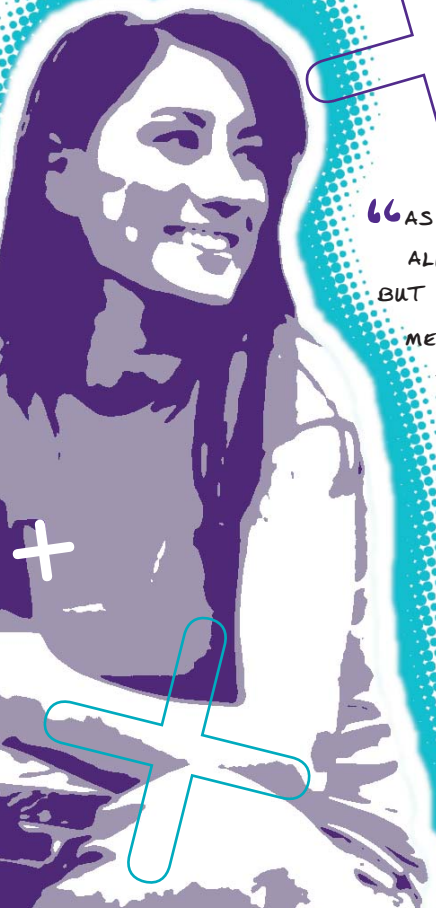
Very useful website – visit the young people's section for information about racist bullying and the difference between racism and racial discrimination

“ RACISM AND RACIAL DISCRIMINATION

ARE TOTALLY UNACCEPTABLE, BUT UNFORTUNATELY CONTINUES TO GO ON IN SCHOOLS, AT WORK AND IN THE COMMUNITY.

THESE WEBSITES PROVIDE A SPACE FOR PEOPLE TO SHARE EXPERIENCES AS WELL AS GET SUPPORT AND ADVICE ”





“AS A **PEER MENTOR**, YOU'RE  
ALREADY VOLUNTEERING YOUR TIME,  
BUT WHAT ELSE CAN YOU OR YOUR  
MENTEE **GET INVOLVED** WITH?”

THESE WEBSITES WILL GIVE YOU  
LOADS OF IDEAS  
FOR WAYS YOU CAN

**VOLUNTEER**, FROM  
HELPING OUT WITH SUMMER  
CAMPS TO BUILDING SAFE  
PLAY AREAS WITHIN YOUR  
LOCAL **COMMUNITY!**”



**VOLUNTEERING-**

**WHAT ELSE CAN WE DO??**

[www.vinspired.com](http://www.vinspired.com)

The volunteering website for 16-25 year olds in England. Information and advice on volunteering opportunities and support

[www.youth2youth.co.uk](http://www.youth2youth.co.uk)

The UK's first National Young Person's Helpline. Run by young people for young people. Take a look to see how you can get involved

[www.wearev.com](http://www.wearev.com)

V exists to inspire a new generation of young volunteers (aged 16-25) in England and enable a lasting change in the quality, quantity and diversity of youth volunteering

[www.whatnow.co.uk](http://www.whatnow.co.uk)

Provides advice and information for young people on what to do next

[www.do-it.org.uk](http://www.do-it.org.uk)

Find loads of volunteering opportunities near you, from helping out with young people's activities to planting trees!

[www.youthactionnetwork.org.uk](http://www.youthactionnetwork.org.uk)

Youth Action is a way of supporting young people to develop and lead their own volunteering opportunities and allowing them to have more choice or say over what volunteering they do

[www.peermentoring.org.uk](http://www.peermentoring.org.uk)

Visit the 'Student's Area' for information specifically aimed at peer mentors aged 11-16 and links to other volunteering sites

“...i know someone who can...”

THANKS FOR USING

**This is just a taster of the masses of information that's available out there on the internet.** We hope you found the sites useful and we would really like some feedback! We want to know about anything you found interesting and would like to share, or any other sites that you have found useful.

Please let us know your thoughts by e-mailing:

**[info@mandbf.org.uk](mailto:info@mandbf.org.uk)**

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department for  
**children, schools and families**

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