

Mentor Program Guidelines



What to expect

Our hope for this program is that our Mentees feel empowered to make a difference, build relationships with Mentors and other adults and that everyone learns from this experience. As the Mentor, you play an important role in setting the tone that will create this environment.

Qualifications

- Able to support Mentee's creation of a healthier digital environment, including projects focused on improving social media, mental health, the Big Tech business model, screen time, or digital wellness.
- Demonstrated experience supporting digital wellness
- Willing to share your ideas, knowledge, and network
- Able to listen and offer feedback to Mentee
- Able to dedicate 3 hours per month to mentoring

What you'll get

- Firsthand knowledge from young adults' experiences
- Ongoing relationship with Mentee
- Ability to share with a member of the younger generation what you have learned and experienced
- Recognition from the Screen Time Action Network



**BE THE
FIRST TO
GET UPDATES
AND APPLY!**

Timeline

April 15	Application due
May	Orientation
June-August	Mentoring and group training
September	Culminating project

screentimenetwork.org/next-gen