



Here are the guidelines we've sent your mentee, if she has consent to video call with you.

Feel free to remind her of the below:

-Never video call from your bedroom. Only from a living room, kitchen, or other communal area. We're asking your mentors to do the same!

This is designed to keep everyone safe.

-It's still just you and your mentor. You're still entitled to some privacy when you speak with your mentor! Try and find a quiet spot in the house so you can both focus on the session. If possible, ask if you can have the living room or kitchen to yourself for the hour. If you are sharing the space, headphones can be a great noise canceller.

-Top tip! Fingers crossed it will be sunnier outside soon, so why not take the opportunity to get some air and, if you feel safe and happy doing so, sit on your doorstep/in the garden (if you're lucky enough to have one!) while chatting to your mentor?

-Be safe online. Never speak to anyone unknown to you. If something doesn't feel right on the online platform you're using to communicate with your mentor, or someone is bothering you, tell your mentor immediately