

Mentors Pre- training form

Welcome to the mentor training course!

The aim of the Carmen study is to see if providing a young woman in care with a peer mentor they can trust and receive support and respect from, can help them to increase their confidence and make positive choices particularly around sex, relationships, and delaying pregnancy. To help mentors to be prepared for the role, the training course will cover issues such as the peer mentor role and responsibilities, boundaries and confidentiality and sex and relationships.

Before the training begins, we would like to ask you a couple of questions. We will ask you similar questions after the training. We are asking you to do this so that we can assess the effectiveness of the training and any changes in your attitudes following the training. **This is not a test and will not affect any decisions we make regarding your suitability to become a peer mentor.**

Pretr1) At this stage, why do you think you might like to become a peer mentor?

Pretr2) What are your expectations for the training course?

(i.e. what do you hope to learn / achieve)

Training day 1 evaluation form

Thank you for attending this training. So that we can learn about your views of this training please let us know what you thought of each module, and a few other things, by using a scale of 1-5, with 1 being poor and 5 being excellent, please circle your choice. There is a box for you to comment further on each section (if you have more to say, please write on the back of the sheet).

Day 1 – Introduction to research study & training

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 1 – Building the peer mentor team - and reflection

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 1 – The peer mentor role and ‘Getting Started’ – what mentees value in the relationship with mentors

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 1 - Ethics and Accountability in peer mentoring

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 1 - Professional Boundaries

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 1: **What do you think about the trainer's level of knowledge of the subjects today?**

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent

Day 1: **What do you think of the way the training was delivered today?**

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent
What was the most useful way of delivering it?		What was the least useful way of delivering it?		

Please state your agreement or disagreement with the following statement by circling one answer:

I have gained additional knowledge about the subjects covered today

1 Strongly disagree	2 disagree	3 Neither agree or disagree	4 agree	5 Strongly agree
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Please comment

Training day 2 evaluation form

Thank you for attending this training. So that we can learn about your views of this training please let us know what you thought of each module, and a few other things, by using a scale of 1-5, with 1 being poor and 5 being excellent, please circle your choice. There is a box for you to comment further on each section (if you have more to say, please write on the back of the sheet).

Day 2 – Professional Confidentiality

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 2 – Safeguarding and Child Protection

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 2 - Healthy and Unhealthy Relationships

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 2 – Sex, Contraception & STIs

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

What do you think about the trainer's level of knowledge of the subjects today?

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent

What do you think of the way the training was delivered today?

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent
What was the most useful way of delivering it?			What was the least useful way of delivering it?	

Please state your agreement or disagreement with the following statement by circling one answer:

I have gained additional knowledge about the subjects covered today

1	2	3	4	5
Strongly disagree	disagree	Neither agree or disagree	agree	Strongly agree
Please comment:				

Training day 3 evaluation form

Thank you for attending this training. So that we can learn about your views of this training please let us know what you thought of each module, and a few other things, by using a scale of 1-5, with 1 being poor and 5 being excellent, please circle your choice. There is a box for you to comment further on each section (if you have more to say, please write on the back of the sheet).

Day 3 - Teenage pregnancy and parenthood

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 3 - Keeping safe and minimising risk

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 3 - Empathic listening skills

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 3 - Building trusting mentoring relationships

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 3 - Dealing with mentoring relationship difficulties

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 3 - Ending the mentoring relationship

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

What do you think about the trainer's level of knowledge of the subjects today?

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent

What do you think of the way the training was delivered today?

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent
What was the most useful way of delivering it?			What was the least useful way of delivering it?	

Please state your agreement or disagreement with the following statement by circling one answer:

I have gained additional knowledge about the subjects covered today

1	2	3	4	5
Strongly disagree	disagree	Neither agree or disagree	agree	Strongly agree

Please comment:

Training day 4 evaluation form

Thank you for attending this training. So that we can learn about your views of this training please let us know what you thought of each module, and a few other things, by using a scale of 1-5, with 1 being poor and 5 being excellent, please circle your choice. There is a box for you to comment further on each section (if you have more to say, please write on the back of the sheet).

Day 4 – Record keeping and communicating with the research team

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 4 – Reviewing of Learning

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 4 – Support Group

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

Day 4 – ASDAN Award

1	2	3	4	5
Very poor	Poor	Satisfactory	Good	Excellent

What do you think of the way the training was delivered today?

1	2	3	4	5
Very Poor	Poor	Satisfactory	Good	Excellent
What was the most useful way of delivering it?		What was the least useful way of delivering it?		

Mentors post- training form

Thank you for completing the training course. We hope you found it useful and enjoyable. To find out how much you have learned from it, we'd like to ask you some questions. This is not a test and will not affect any decisions we make regarding your suitability to become a peer mentor.

Please read the questions carefully.

Thoughts about mentoring and the training course

Posttr1) Please explain what you feel you have learnt from the training

Posttr2) On a scale of 1-5, where 1 is strongly disagree and 5 is strongly agree, to what extent do you agree that the training met your expectations? (i.e. what you hoped to learn / achieve)

Strongly disagree	Disagree	Neither agree or disagree	Agree	
Strongly agree				
5	1	2	3	4

Posttr3) Is there anything else you would like to have learnt that wasn't covered in the training?

Posttr4) As a result of the training, are you considering becoming a peer mentor?

Please tick:

Yes

No

If you **ticked No** go to question **Posttr8**

Posttr5) Why do you feel you would like to be a peer mentor?

Posttr6)

On a scale of 1-5, where 1 is strongly disagree and 5 is strongly agree, to what extent do you agree that the training will help you in your role as a peer mentor?

Please **circle** the number that most closely reflects how you feel.

Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
1	2	3	4	5

Posttr7a) Is there anything you are concerned about with regards to becoming a mentor?

Please tick:

Yes

No

Posttr7b) If you are concerned about something, please explain what it is and why

If you circled **yes, you are considering becoming a mentor, you have finished – please hand your form to the researchers.**

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Posttr8) Please tell us the reasons why you do not want to become a peer mentor

Posttr9) Would you be prepared to have a short chat with a researcher about your reasons for not wanting to become a peer mentor?

Please tick:

Yes

No

Focus group for mentors at training

At the beginning, tell the group:

- Discussion is being tape recorded for researchers but their names and identities will remain anonymous in all reporting
- Group confidentiality. (not pass on anything they say with exceptions)
- “Rules” of the focus group – use first names only, one person talks at a time, all views are important and everyone should be allowed to express their opinion. All participants should feel free to

1. Overall, what do you think of the training? (if they hesitate for too long ask n. 2)
2. Did you find the training enjoyable? What was that made the training enjoyable for you? (**prompt:** refreshments, environment, length of sessions, breaks overall training & intensity)
3. What (if any) were the main things that made the training less enjoyable for you?
4. What was your favourite learning module and why?
(**prompt:** learning new facts/skills and gaining confidence)
5. What was your least favourite learning module and why?
6. Is there a topic you would have liked to have covered (but wasn't) during training, which you think might help you as a peer mentor?
7. What do you think about the way in which the training was delivered?
(**prompt:** the manner of trainers, knowledge of trainers and delivery style/ methods)
8. During training, did you feel able to ask questions or raise any concerns you had?
(**prompt:** Were your concerns listened to / answered)
9. Is there anything about the training you think could have been done better? (How?)
10. How convenient were the dates and times of the training? What do you think is best for young people your age in general / weekdays or weekends?

Feeling about mentoring

- 11 a) After the training, how confident do you feel about becoming a peer mentor now?
- b) In what ways does the training make you feel more confident? [What was it about training that makes you feel confident?]
12. In what ways do you think being a peer mentor will help a mentee / what do you expect they will gain from it?
13. If you decide to become a peer mentor, do you think it'll help you in any way?
(prompt: confidence / vouchers / Asdan)
14. a) Have you got any concerns about becoming a mentor?
- b) Did you discuss these concerns with anyone? [Why not?]
- c) Were these concerns addressed during training? [why not?]
- d) Do you still need to talk your concerns through with anyone?

Research

15. What do you think about the method you were recruited to the study?
(Prompt: What did you think of the information leaflet and letter)
16. What do you think of today's presentation about the research and your role?
Was this helpful or do you think you still need some clarifications?
17. What are your concerns about your role in the research?

We have finished. Thanks you for your help. Is there anything you would you like to tell us? Something we have not asked you which you think may be helpful for us to know/ (something about the training perhaps?, and/or the study?)