



METRO Charity offers small group or one-to-one mentoring for children and young people between the ages of 13–19 (up to 25 with SEN). We provide sex, relationship, and identity mentoring to people who may be involved in, or vulnerable to, problematic sexual behaviours at a young age. This typically takes place over 6–8 sessions that are 45 minutes each.

Focus on building:

- self-esteem
- critical thinking
- emotional literacy

Promote knowledge / skills:

- safe sex
- healthy relationships
- communication

Risk and Resilience Mentoring



If a young person you work with could benefit from this programme, or for more information:

log on to:

young-greenwich.org.uk/services

or contact

riskandresilience@metrocharity.org.uk

Supported by

