



A TRUSTED ADULT



WHAT YOUTH SAY:

- You take the time to listen to me. Even if you're busy, you tell me when to come back, and if I don't come, you track me down.
- You don't tell me you know how I feel—you cannot possibly know how a kid my age feels. Tell me you want to understand how I feel—I can believe that.
- You don't tell me a story about your life. I don't want to talk about someone else—I want to talk about me!
- You don't cut me off when I'm trying to get my words out. You understand talking about feelings and stuff is hard, so you're patient and ask me to tell you more.
- You don't tell me everything will be alright, and that my problem won't matter five years from now. You can see I'm not okay right now and that's what matters to me—not the future.
- You respect my privacy and don't say anything about what I said to you in front of others.
- If you have to share what I tell you, you're up front about it. You don't do it behind my back.
- You mean what you say.
- You follow up later. You know things can take time to get worked out, so you check up on me.

WHAT ABOUT YOUR FAMILY?

What are ideas you have about how to become more trustworthy?



What is something your child(ren) has said would help them trust you more?



CREATING A SUPPORTIVE ENVIRONMENT FOR YOUTH



USE POSITIVE EXPERIENCES TO BUILD A BANK ACCOUNT OF TRUST.

SOME IDEAS:

- Take a teen/child development class
- Watch parenting videos
- Read a parenting book
- Find a parent support group
- Have an adventure or take a class together
- Allow youth developmentally appropriate decisions
- Learn & model problem solving techniques
- Learn skills to engage cooperation vs. conflict
- Encourage autonomy
- Respect their struggle with support vs. solutions/minimizing
- Target quality questions vs. quantity
- Decrease 'reality' checks, which smother hope
- Let youth overhear positive observations
- Model your values and match behavior
- Welcome chances to see a different side of themselves
- State feelings/expectations vs. nagging
- Spend weekends with family doing activities
- Teach youth life skills
- Play verbal games during meals

WHAT ABOUT YOUR FAMILY?

What are ideas you could use to create a supportive home for your youth?



What is something your child(ren) has said they would like?

