

**Be silly—it's cool**

**Believe me**

*Don't jump to conclusions*

**Be engaged**

**Care about me**

**Show love**

**Validate that I am important**

*Ask questions—  
don't just give  
declarations*

**“Join” me**

*Hold my hand*

*Be transparent about  
who you're going to  
be talking to*

**even**

*when I mess up*

**Be empathetic**

**Don't always think  
I am right**

**Share your experiences**

**Show equality**

# Communicating With Youth:

*Use your intuition*

**Underline my strengths**

## What Works

**Listen attentively**

**Build a strong relationship  
with me**

**Use “I” statements**

**Be open-minded**

*Be honest*

**Be open to other  
ideas**

**Connect with me—find  
something we have  
in common**

**Believe in me**

**Explain what  
confidentiality is**

**Share your time**

*Provide opportunities  
for growth*

**Be available**

*Ask me open-ended questions*

**Follow through on commitments**

*Allow me to express  
myself and have  
my own style  
when I'm talking*

**Share your wisdom**

*Give me snacks, comfort, space*

**Retain and remember  
information about me**

**Be real in conversations. Get down to it.**