

Communicating With Youth: What Works

- Believe me
- Show me love
- Don't jump to conclusions
- Hold on with me (even when I mess up)
- Self-disclose (be personal--when it's appropriate)
- Validate that I am important
- Build strong relationships
- Be kind and gentle
- Be silly, it's cool
- Be empathetic
- Care about me
- Be transparent with me
- Be honest with me
- Be real in your conversations with me, and feel free to get down to it
- Be available
- "Hold my hand"
- Explain confidentiality to me
- Use "I" statements
- Allow me to have my own style of self-expression when talking
- Find connections with me (something in common)
- Be giving (offer snacks, comfort, space)
- "Join" me
- Use open-ended questions with me
- Follow-through on commitments with me
- Attentively listen to me
- Underline and highlight my strengths
- Share your own experiences with me
- Share your wisdom with me
- Provide me with opportunities for growth