



C.A.R.I.N.G. ADULTS CAMPAIGN

building trust & safety with youth

Children and youth say they want more informed, approachable adults they can turn to for help in navigating stress and challenges on a day-to-day basis. This connection reduces the likelihood of violence perpetration resulting in safer communities. Learn how to build trust and safety with youth by becoming a C.A.R.I.N.G. Adult.

Consistent Connection

Youth who have consistent and strong connections to adults in their families and communities are more likely to have a solid sense of belonging and security which fosters wellbeing. Maintaining consistent, predictable, dependable, and safe relationships with the youth in your life will make you a more askable adult for them.

Approachable

Communicate in a way that sends the message that you are approachable, willing to do the work, and that you care. Maintain contact with young people when you know they are going through something challenging rather than waiting for them to bring it up again. Send a quick text or emoji to remind them that you are present.

Respectful of Privacy

Keep confidential things confidential—or if you're not able to do that, be honest about that upfront. It is important to youth that adults don't share their information without permission. They also expect that you are honest with them about your ability to keep their information private

Interested

Be interested and curious about what matters the most right now to the youth in your life. Ask questions! Focus on them when they are talking. Put away your cell phone, make eye contact, listen hard and believe what they say. Show up for important events, like games and concerts, to support them. They notice.

Non-judgmental

Put away judgment. It's the number one concern for youth in their relationships with adults. Youth most often just want to be listened to and heard. Adults most often jump right into problem-solving. When a young person comes to you to talk, ask if they just want to vent and be listened to or if they want feedback and to problem solve. If you make this a habit, youth will feel heard and you will know what they need.

Genuine

Youth don't expect adults to know everything—but they do appreciate honest responses and helpful information. It's ok to Google it. Your willingness to be honest, ask good questions, think out of the box, share your own experiences, and collaborate to find information will make you more askable to the youth in your life.