

How You Can Help Youth Feel Like They Matter to their Community



“ Ask us about our day and actively listen! ”



“ If we're missing from a class or event, check in with us after to make sure we're ok. Show you care, show that it matters when we show up. ”



“ Provide spaces for teens and children to feel safe and heard. Put our ideas into action! ”



“ Show Respect: respect looks like honoring our own opinions, the way we do things, and giving us your full attention. ”



“ Provide support and check in. Pick up on warning signs and share resources with us! ”



“ Take action against bullying. Support our mental health. ”