

Engage with Intention

HPR in Action!

A 12-week campaign to help trusted adults build intentional, health-promoting relationships (HPR) with youth ages 11-18

Week 1

Topics: Trusted adults, health-promoting relationships, and the HPR mindset

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WEEK 1

- What is a trusted adult?
- How does a health-promoting relationship differ from other relationships?
- What type of mindset creates the conditions for health-promoting relationships?
- **YOUTH ACTIVITY: QUALITIES OF A TRUSTED ADULT**
- **HPR MINDSET SELF-ASSESSMENT FOR TRUSTED ADULTS**



WHAT IS A TRUSTED ADULT?

Trusted adults are one of the greatest gifts in a young person's life. They boost youth development, protection, and well-being – all for free! In fact, many factors that prevent harmful behaviors and promote flourishing in youth can be cultivated through relationships with trusted adults. Having adults who take genuine interest in the life of a youth is a positive childhood experience that can support resilience, reduce risky behaviors, and mitigate risks such as mental and physical health challenges following adversity.

Trusted adults are **chosen** by youth as safe figures that listen without judgment, agenda, or expectation, and support and encourage positivity within a youth's life. They can be **anyone** – parent or caregiver, teacher, coach, mentor, neighbor, healthcare professional, or even a family friend.

What makes them trusted? Qualities like being nonjudgmental, a good listener, honest, reliable, vulnerable when appropriate, and consistent in how they show up. Believe it or not, youth also rely on trusted adults to offer clear boundaries and help them exercise their own agency and work through challenges in their own way.

Youth choose to trust adults when they feel a genuine and meaningful connection with them, and that can be achieved when relationships with youth are built with intention.

Which youth in your life have already chosen YOU as a trusted adult?



What other youth could you also be available for as a trusted adult?

HOW DOES A HEALTH-PROMOTING RELATIONSHIP DIFFER FROM OTHER RELATIONSHIPS?

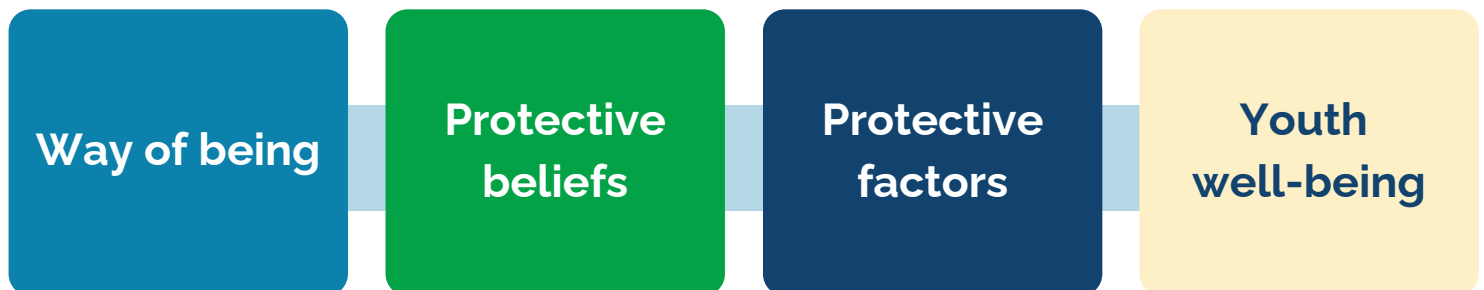
A relationship is a way of connecting with others that can be positive, neutral, negative, and everything in between. We all have a variety of relationships in our lives beginning at birth with our parents, then siblings, friends, teachers, colleagues, spouses, and others. We come to realize as we age that we also have another very important relationship to consider - a relationship with self.

The **Engage with Intention: HPR in Action!** campaign is focused on illuminating a very specific type of positive relationship, a **health-promoting relationship**, which is more than just “being nice” or spending time together. It is a specific **way of being** with youth that *enables* their healthy development and well-being by intentionally cultivating core **protective beliefs** (such as “I am seen and loved,” “I matter,” “I can influence my life,” and more) that build **protective factors** such as resilience, connectedness, hope, and self-esteem.

This approach is:

- **Intentional** — focused on outcomes of health and well-being.
- **Purposeful** — it enables, or gives youth the means, to be well.

Health-promoting relationships serve as both a powerful intervention in themselves and the foundation that makes other supports and programs more effective.



Over the course of the campaign we will bring these concepts to life in concrete ways to facilitate your ability to “engage with intention” and build health-promoting relationships with youth (and others!). **It begins with us!**

HPR YOUTH ACTIVITY: QUALITIES OF A TRUSTED ADULT DISCUSSION WITH FOLLOW-UP



Begin exploring the power of positive relationships with youth in your life with a simple, meaningful **HPR Youth Activity**. The purpose of this week's activity is to 1) get youth thinking about the qualities they value in trusted adults and 2) help you better understand what youth are looking for in trusted adults. Ideas for a 3-part activity are provided below:

- 1. Initiate discussion with youth:** "Did you know that the relationships in your life can play an important role in your ability to be well, or feeling good about your physical health, your mental health, and your social health?" "I'm curious...When you think about the relationships in your life that you feel good about, can you please share a little bit about the people, what they do, what they say, and how they make you feel?" (Ask or break apart questions in whatever way feels most natural to you in the moment.)
- 2. Once youth have answered:** "As you go throughout the week I wonder if you could pay attention to the things that people do or say that make you feel good or well. Capture what you notice in a way that make sense to you - maybe as notes on your phone or in a notebook. What you capture really matters to me and others (*and this group, if applicable*), and I/we look forward to learning more about what is important to you in a trusted adult."
- 3. Next time you meet with the youth, consider asking the questions below and recording their answers somewhere where everyone can see for further discussion (e.g., whiteboard, or large sticky on the wall):**
 - "What was it like for you to pay attention to the things people say that help you trust them and want to be with them?"
 - "What did the experience help you realize about your preferences for qualities in trusted adults in your life?"
 - "Would anyone like to share what they noticed?"
 - "Looking at this list of valued qualities you've described in trusted adults in your lives, is there anything missing that you wished trusted adults would say or do?"

Tips for a Successful Discussion: 1) Be fully present. 2) Actively listen. 3) Focus on the youth's words and description, not yourself or what you are thinking. 4) Refrain from giving advice or judgment of anything shared.

WHAT TYPE OF MINDSET CREATES THE CONDITIONS FOR HEALTH-PROMOTING RELATIONSHIPS?

At the heart of building these relationships is the HPR Mindset – the “fertile soil” from which health-promoting relationships grow. When we approach relationships with this mindset, we create the conditions for youth to feel safe, seen, and supported – exactly what helps them thrive.

Values
Health-Promoting Relationships



Growth-Oriented
Humble, Honest, Self-Connected



Recognizes the Hard Work & Benefits of HPR

Committed to building health-promoting relationships for youth well-being

Stretches with Purpose

Works on one's self for the purpose of building health-promoting relationships



Seizes & Plans Opportunities

Available, able, motivated, and willing to build health-promoting relationships in both planned and spontaneous moments

CARPE DIEM!

HPR MINDSET SELF-ASSESSMENT FOR TRUSTED ADULTS



Score the following statements using the scale below based on the frequency with which you perform the described behavior (1 = never, 5 = always) with youth in your life. Be honest. Reflecting on your mindset can help you recognize both your strengths and areas for growth.

1-Never

2-Rarely

3-Sometimes

4-Frequently

5-Always

- 1 _____ **I approach my relationships with youth from a growth perspective.**
- 2 _____ **I practice humility, honesty, and self-awareness in my relationships with youth.**
- 3 _____ **I notice the effort it takes to build health-promoting relationships along with the benefits once I have put forth the effort (or can imagine)?**
- 4 _____ **I am committed to the HPR way of being (including creating a positive environment, facilitating meaningful connection, using positive words and actions, and growing abilities in youth).**
- 5 _____ **I work on myself to support building health-promoting relationships with youth.**
- 6 _____ **I am available, able, motivated, and willing to build health-promoting relationships in both planned and spontaneous moments**
- 7 _____ **I value health-promoting relationships and act in alignment with that value.**

What do you do most often (items with scores of 4 or 5)? _____

What do you do less often (items with scores of 1, 2, or 3)? _____

What did you not connect as being important for engaging in health-promoting relationships with youth? _____

**SMALL
DAILY
PRACTICE**

What small, daily practice could you commit to this week to advance your HPR mindset?
