

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 3

Topic: The HPR *Way of Being*

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WEEK 3

- What is a *way of being*?
- What drives our *way of being* with others?
- How can our *way of being* support protection and flourishing in youth?
- How can I build protective beliefs through the HPR *way of being*?
- What “way of thinking” supports engagement of the HPR *way of being*?
- **TRUSTED ADULT ACTIVITY:** HPR WAY OF BEING SELF-ASSESSMENT
- **YOUTH ACTIVITY:** INSIDE OUT – MY WAY OF BEING



WHAT IS A WAY OF BEING?

A *way of being* is defined as how we approach life and relationships within any given moment or context. It includes our **mindset** (core values, beliefs, attitudes, and goals), the **quality of our presence** (awareness, openness, availability, engagement, and connection), and our **choice of words, tone, and actions**. It is our fundamental and habitual way of thinking, and it shapes the emotional and relational space we create with others. “Being” and “doing” are deeply interconnected, as our values, beliefs, and emotions naturally flow into what we say and how we show up.

WHAT DRIVES OUR WAY OF BEING WITH OTHERS?

Our *way of being* emerges from a mix of deeply ingrained (often unconscious) patterns and habits we can change. Early life experiences, especially with caregivers, create automatic ways of thinking, feeling, and responding that often run in the background. While these patterns can be subtle, vary in benefit, and take time to recognize, they do not define our future.^{1,2} Research underscores that human beings have tremendous capacity for growth and rewiring across the lifespan. We can intentionally strengthen our *way of being* through three empowering pathways:

- **Self-awareness:** noticing our automatic beliefs and reactions
- **New positive relationships:** experiencing healthy connections that help reshape old patterns
- **Deliberate practice:** consistently using more positive ways of relating.^{3,4}

HPR Truth

Promoting well-being in others through our relationships with them requires an honest process of reflection, self-awareness, and growth to transform who we are (our being) rather than simply trying to change our external behaviors.

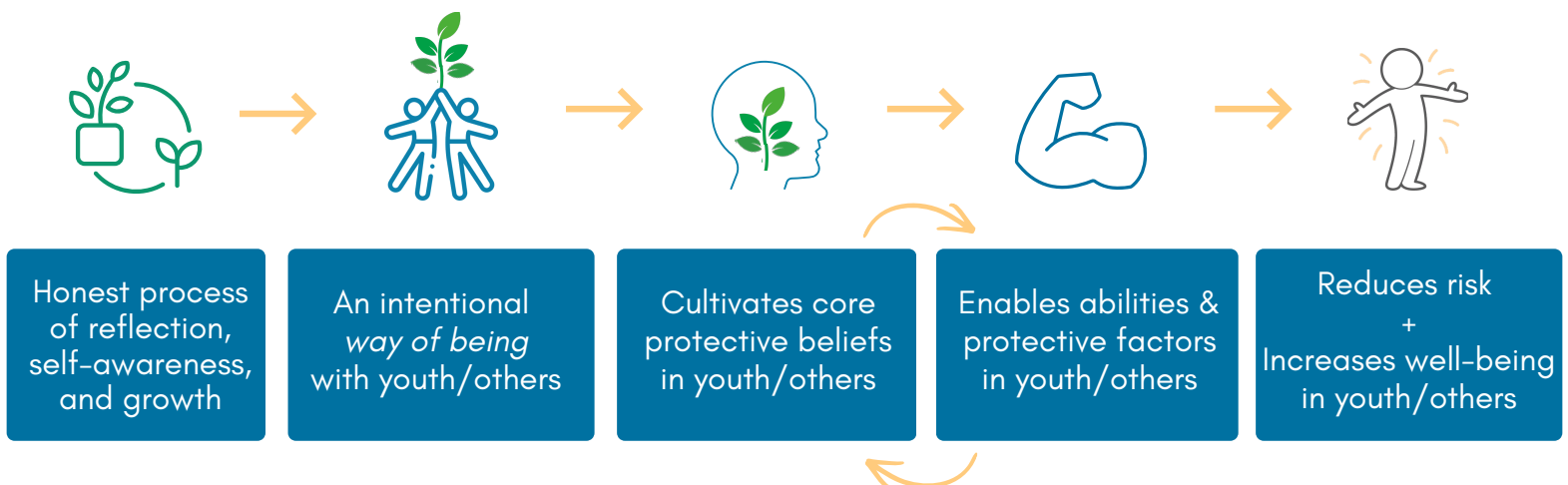
HOW CAN OUR WAY OF BEING SUPPORT PROTECTION AND FLOURISHING IN YOUTH?

The potential impact of a *way of being* in relationships is grounded in decades of meaningful research in psychology and youth development. Carl Rogers, a psychologist who studied what helps humans thrive and live meaningful lives, found that a genuine *way of being* marked by authenticity, unconditional positive regard, and empathic understanding creates a profound sense of psychological and emotional safety in others.¹

Research also has confirmed that how adults show up and engage in relationships is one of the most powerful influences on youth lives. When trusted adults connect with intention, offering presence, nonjudgment, affirmation, curiosity, and genuine support, youth feel truly seen, accepted, and deeply valued for who they are. In that safe, nurturing space, the five core protective beliefs are more likely to be cultivated and strengthened. Stronger protective beliefs have an impact by reducing risky behaviors such as substance use, isolation, and self-harm, while nurturing protective factors and abilities such as resilience, hope, healthy and wise choices, and meaningful connections.²⁻⁶

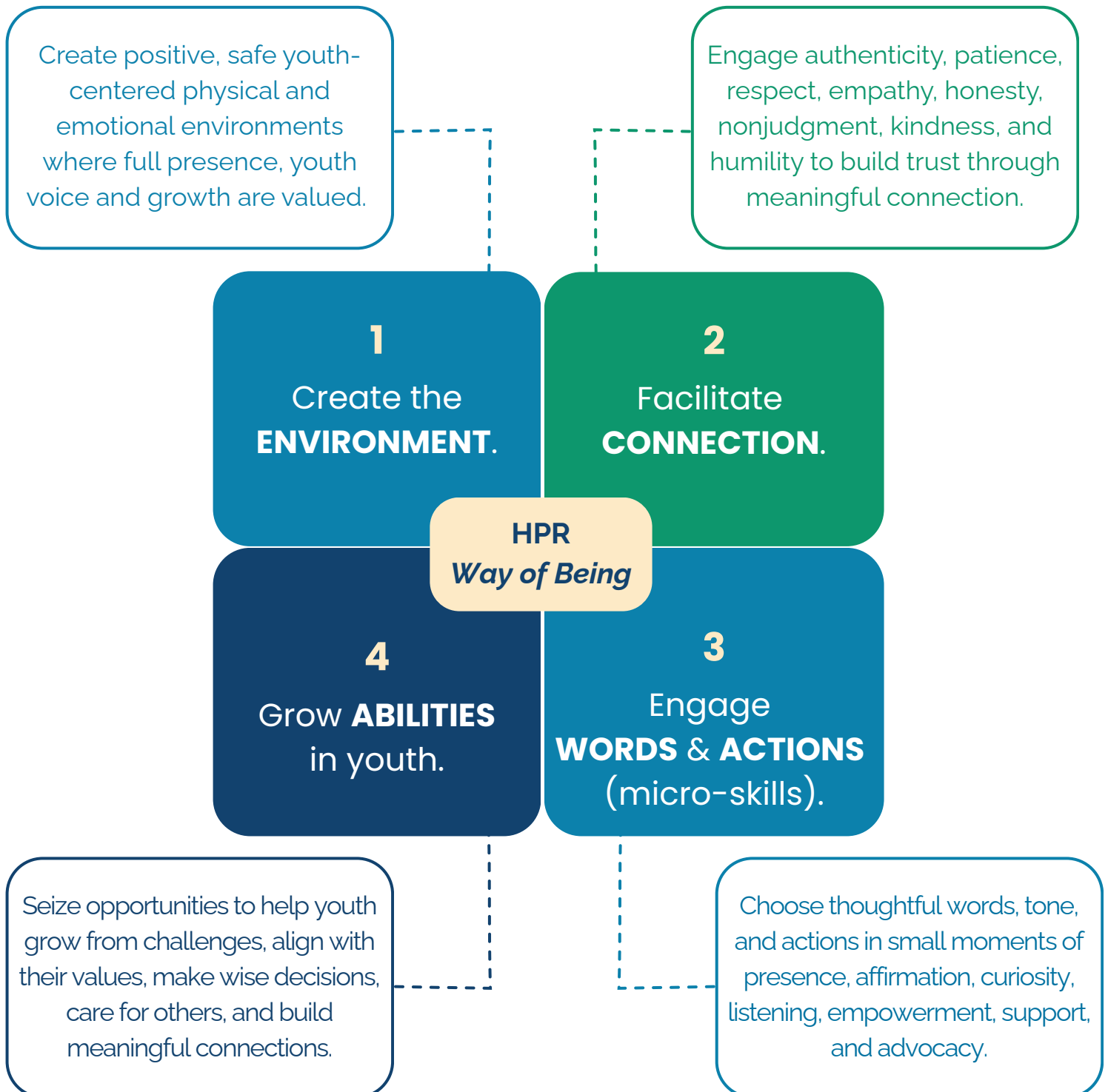
Drawing from our understanding of relationships and the HPR Paradigm, the HPR theory of change begins with intention. Trusted adults first turn inward with honesty and vulnerability to grow themselves, then apply four intentional strategies in their way of being with youth.

Theory of Change for the HPR Way of Being



HOW CAN I BUILD HEALTH-PROMOTING RELATIONSHIPS THROUGH THE HPR WAY OF BEING?

Four intentional strategies can be used to build health-promoting relationships. Together, these four strategies comprise the HPR way of being with youth. When we prioritize youth well-being in our moments with them, our HPR way of being (mindset, presence, words, tone, and actions) becomes a powerful vehicle for building trust and cultivating protective beliefs. (All four strategies will be covered in more detail over the next few weeks of the campaign.)



WHAT WAY OF THINKING SUPPORTS ENGAGEMENT OF THE HPR WAY OF BEING?

While the HPR *way of being* represents our deepest intention, translating that intention into consistent, everyday practice can be challenging amid busy lives and distractions. This is where a “way of thinking” can be helpful in supporting engagement of the HPR *way of being*. It offers a set of simple, reflective questions that create a brief pause before we meet with a youth or between stimulus and response, allowing us to move with intention into a moment or transition from autopilot to purposeful presence.

IN THIS MOMENT...

What belief am I cultivating in this person?



By regularly asking ourselves the questions above, we build the self-awareness and mindfulness needed to align our inner values and priorities with our outer behavior so we can show up and engage with youth in a way that is consistent with what is important to us and turns good intentions into meaningful impact.





HPR WAY OF BEING SELF-ASSESSMENT

Purpose: To help you, as a trusted adult, reflect on both how they show up with youth and the deeper drivers influencing their way of being.

Instructions: Take a few quiet moments to honestly reflect on how you typically show up for the young people in your life. For each of the four strategies below, rate how consistently you currently demonstrate this aspect of the HPR way of being using the scale below and reflect on the questions that follow.

- **Often:** This is a natural strength for me. I do this regularly and intentionally.
- **Sometimes:** I do this occasionally, but it's inconsistent or depends on the situation.
- **Rarely:** This is an area I don't do very often or struggle with.

	OFTEN	SOMETIMES	RARELY
Create the Environment I intentionally shape safe, respectful, and growth-oriented physical and emotional spaces for youth.			
Facilitate Connection I show up with authenticity, full presence, empathy, nonjudgment, patience, and humility to build trust.			
Engage Micro-Skills I use my words, tone, and actions to affirm strengths, be curious, mirror feelings, activate agency, and support youth through challenges.			
Grow Abilities in Youth I consciously help youth build important abilities (growth mindset, agency, coping skills, self-alignment, etc.).			

- **What helps me show up in my fullest way of being?** (e.g., good sleep, personal values, past positive experiences, feeling safe myself)
- **What gets in the way of me engaging the HPR way of being strategies?** (e.g., stress, busyness, insecurities, pain, fear of vulnerability, old habits, emotional burnout)
- **What beliefs do I hold that influence how I show up?** (e.g., "They won't respect me if I'm too soft.", "I don't have time for deep connection.", "I don't have much to offer.")

SMALL DAILY PRACTICE

What is one small, realistic shift I will make this week in my way of being with others?

YOUTH ACTIVITY:

INSIDE OUT: MY WAY OF BEING

Estimated Time: 15-20 mins



Purpose of Activity: To help youth understand the three key parts of a *way of being* with others (mindset, presence, and words/tone/actions) and how they affect relationships.

1. Introduce the three parts of a *way of being*.

“Every time we interact with someone, we bring a Way of Being. It has three main parts:

- Mindset – What we’re thinking and believing in the moment
- Presence – How focused, open, and emotionally available we are
- Words, Tone, and Actions – What we actually say and do

Today we’ll explore how these three parts work together. First, I’m going to go through an example from my life so you can see what I mean by each of these three parts and also so you have an idea of how to do this activity.”

2. Ask youth to think about a recent interaction with an adult in their life where they left feeling positive or negative and write down answers to the following questions:

- What values, beliefs, attitudes, or goals for the conversation did they seem to have? (Mindset)
- How fully “there” did they feel with you? Were they paying close attention, distracted, actively listening, calm, tense? (Presence)
- What did they say or do? What type of reaction did their tone and body language create in you? (Words/Tone/Actions)

3. Ask the youth:

- What did they do that had the biggest impact on how you felt in that moment and then later on that day?
- What did they do that made you safe, respected, or valued?
- If you could give one piece of advice to adults on how to improve their *way of being* with youth, what would it be?
- What thoughts come to mind about your own *way of being* with others?
- What is one small thing YOU want to practice in your own *way of being* over the next week?

Facilitation Tips:

- 1) Model it first. Share your own honest example that helps to teach youth the way of being before asking youth to share.
- 2) Stay curious and nonjudgmental.
- 3) Keep it light but real. Maintain a relaxed, conversational tone. Respond with empathy and presence if something heavy is shared.

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