

QUICK REFERENCE: HPR WAY OF BEING

I am seen and loved.
I matter.
I can influence my life.
I can overcome hard things.
I have support.

Create the environment.

- Shape the physical environment with purpose.
- Establish a positive emotional tone.
- Role model and reinforce core values in everyday interactions.
- Foster a culture of voice, choice, and contribution.
- Create norms and standards that promote a growth mindset and positive choices.
- Embed support into everyday interactions.

Facilitate connection.

- Authenticity
- Care
- Empathy
- Full Presence
- Honesty
- Humility
- Kindness
- Love
- Nonjudgment
- Nurturance
- Patience
- Respect
- Self-Awareness
- Self-Acceptance
- Self-Alignment
- Vulnerability

Engage micro-skills.

- Be fully present and notice.
- Be meaningfully curious.
- Affirm youth strengths, values, contributions, and how much they are needed.
- Mirror and reflect back to youth.
- Activate agency.
- Support youth in navigating challenges.
- Advocate for youth.

Grow youth abilities.

- Practice self-alignment.
- Practice a growth mindset.
- Exercise agency.
- Make healthy & wise choices.
- Engage strategies to be well.
- Care about others.
- Connect with others and community.