

SELF-ASSESSMENT: MICRO-SKILLS FOR TRUSTED ADULTS

The following self-assessment offers opportunities for reflection and planning to strengthen your use of micro-skills to foster the five protective core beliefs in the youth you interact with. Read through the Micro-skills for trusted adults table from your toolkit to understand the micro-skills for each belief along with the accompanying actions, sample statements, and questions. Think specifically about the context of building health-promoting relationships with the youth in your life.

		Often	Some times	Rarely
I am seen and loved.	1.I let go of distractions and am fully present with youth.			
	2.I let youth know that they are a priority and I care about them.			
	3.When talking with youth, I listen for and reflect back their experience to help them feel seen and heard.			
	4.I express empathy and understanding.			
	5.I show youth I accept them for who they are without judging them or trying to change them.			
	6.I express confidence in youths' perspective, attitude, abilities and/or actions.			
	7.I let youth know they are not alone and that I am here for them.			
	8.I explore with youth what helps them find strength and hope.			
	9.I invite youth to tell me about their culture and background.			
I matter.*	1.I ask about, remember and check on the details of youths' lives.			
	2.I let youth know their opinion matters.			
	3.I let youth know that their presence makes a positive impact.			
	4.I express gratitude to youth.			
	5.I let youth know I have faith in them and know they can be successful.			
	6.I tell youth they matter to me.			
	7.I tell youth I missed them if they were not present for something.			
	8.I tell youth that life is better when they are around.			
I can influence my life.	1.I help youth identify what their values are, reflect their values, and connect them to their goals.			
	2.I support youth to identify goals and steps to achieve them.			
	3.I emphasize youths' autonomy.			
	4.When I have ideas to offer, I use the Ask-Offer-Ask approach.			
	5.I help youth to anticipate obstacles and come up with ways of addressing them.			
	6.I express belief in youths' goals and ability to achieve their vision.			
	7.I notice and celebrate youths' successes.			
	8.I create ways for youth to share their perspectives on how the organization can better support them.			

SELF-ASSESSMENT: MICRO-SKILLS FOR TRUSTED ADULTS (CONT.)

		Often	Some times	Rarely
I can overcome hard things.	1.I ask youth about their strengths and how to grow them.			
	2.I ask youth what they can tell themselves to keep going during difficult moments.			
	3.I express confidence in youths' ability to navigate hard things.			
	4.I express optimism and hope when youth are facing hard times.			
	5.I encourage others to be patient, kind and understanding towards themselves during hard times.			
	6.I encourage youth to focus on what they can control.			
	7.I team with youth to help them find healthy ways of coping with stress and other challenges.			
	8.I encourage youth to come up with healthy ways they can take care of themselves.			
	9.I encourage youth to lean into their cultural/familial strength when they encounter challenges.			
I have support.	1.I offer youth my support to work through overcoming challenges.			
	2.I model regulating my emotions and engaging in thoughtful problem solving.			
	3.I encourage youth to engage in problem solving to come up with their own solutions.			
	4.I offer youth choices and find other ways to involve youth in decision-making.			
	5.I encourage youth to give support to others and seek out support from others.			
	6.I provide opportunities for responsibility.			
	7.I stand up for youth when they need it.			
	8.I advocate for youths' rights and opportunities.			

REFLECTION EXERCISE

1. Which actions and statements do I do most consistently? What micro-skills do they fall under?
2. Which actions and statements do I do rarely? What micro-skills do they fall under?
3. What patterns are there, if any?
4. What do I want or need to do next to boost my micro-skills?
5. What barriers might I face, and how can I address them?