

Tips for Adults

1. Start with self: understand your identities and biases and how they may impact your listening.
2. Listen to understand, not always to respond or share advice.
3. Provide space and time for youth voice- often and in a variety of ways (discussion, writing, surveys, anonymously).
4. Don't take it personal if youth don't share right away- trust is earned and takes time.
5. Be willing to learn from youth; wisdom comes from experience as well as age. We don't expect you to know everything.
6. Invite youth to be part of the decisions that impact them.
7. Be willing to be vulnerable and share how you are feeling, struggles and experiences.
8. Be honest with yourself and youth.



Tips for Youth

1. Don't be afraid to set boundaries. You don't have to share anything you don't want to share or that doesn't feel right to you.
2. Find adult allies and work with them. Let them know what you need and want.
3. There is power in numbers; connect with other youth who can help elevate your voice and message.
4. Wisdom comes from experience, not just age- share your wisdom.
5. Speak up for what you believe in.
6. Trust yourself. Know your truth.
7. Your feelings are valid.
8. Your voice matters.



Tips for Youth and Adults

1. Practice self-awareness and self-reflection
2. Be respectful- share what respect means to you
3. Try to teach each other something new
4. Come with an open mind and heart.
5. Be willing to admit when you are wrong
6. Be honest and trustworthy
7. Lead by example
8. Stay curious

