

Adult engagers

Pre-meeting

- Have you followed up on all the items you promised from the last meeting?
- Consider dressing more casually for these meetings (including footwear), removing work lanyards, etc.
- Bring treats, cards, tokens of appreciation when suitable
- Prepare yourself: leave work and personal obligations at the door – or consider sending your regrets to this committee meeting

During meetings

- Warm, friendly demeanor
- Acknowledge all youth as they enter the room
- Sit amongst youth
- Check in with the people you are sitting around – ask and LISTEN
 - How are you feeling today?
 - What are you looking forward to this week?
 - Specific to their comfort/location in the room
 - Are you thirsty?
 - Can I make you a plate of food?
 - Do you need more space?
 - Would you like a pillow?
 - Here you go, you need to write a name tag.
 - Other questions that are more specific based on your relationship
 - “How did your play go this week?”
 - “How did that project turn out?”
 - “Is your little brother feeling better now?”
- Specific words of encouragement
 - “Lucy you are an excellent public speaker, I noticed that you make great eye contact while updating the group”
- Guidelines during brainstorming
 - Watch the number of adults speaking without youth input
 - Consider breaking up into smaller groups so that quieter/introverted members are able to process the question and input an answer
 - Ask clarifying questions or make summarizing statements to keep the group on the same page
 - For youth that are new to brainstorming – they need someone to update them on what is going on during the conversations – help them process the information in a light and gentle way
 - Be the one to follow up with youth, don’t wait for them to come ask for support or help. Sometimes simply asking “how’s this project piece going?” or “do you need any help?” isn’t enough because they don’t want to act like they don’t know or etc – ask specific questions to gauge what they’ve complete, what’s left and how you can help
- Give them the “shortcuts for success” whenever possible

- E.g. Discuss how to professionally communicate via email –explain WHY and the specifics. Tying in personal stories whenever possible to illuminate the points.
- How did you get to where you are professionally? Any tips? Be REAL.
- Help soothe their anxiety and stress

Outside of meetings

- Team building activities
 - Litter collection
 - Tree planting
 - Visiting a conservation area
 - Attending a community event
 - Community theatre
 - Escape room
 - Volunteering at a special event together – e.g. the Elmira maple syrup festival me and my youth were responsible for one “cook line” for the pancake house
 - Volunteering at our organizations
- Appropriate ways to connect with youth outside of the meetings
 - Offer to help with resumes and cover letters
 - Give them a letter of reference
 - Giving advice on school applications and scholarships
 - Following up with anything you suggest to youth – even if you/they said they would contact first – make the first contact
 - Is the student in a play? Or getting an award? Ask if you can go and watch! Take pictures and honour them if they allow you to be there
 - Nominate youth for special awards
 - Bring in a treat or tiny item to follow up on a past conversation
 - Invite them to something happening at your work – maybe you have a free ticket(S) to a library event or some sort of community going on