

# What Youth Want Adults to Know

The [Halton Youth Initiative](#) connects youth with adult community members in North Oakville, Aldershot, Acton, and Milton through local youth-lead committees. At their meetings, the young people who belong to the four committees have discussed a variety of topics including what they thought adults should know to have meaningful, supportive relationships with youth.

## Five Points to Practice for Professionals and Volunteers Who Work with Youth

### 1. Positive Attitude

Youth remember how you make them feel. Positive attitude, smiles, asking specific questions, remembering birthdays, may be small but very meaningful actions that add up to a big memory. And those memories encourage youth to come back again and again.

### 2. Share Responsibility

Some youth said that while they like to be helpful, too much responsibility might not be helpful to them. Be mindful that while it's important to give youth a voice, often they are learning and looking to adults for guidance and practical support in order to accomplish tasks and build skills.

### 3. Avoid Stereotypes and Appreciate Individuality

Each young person is an individual so make time to understand and respect their personality, likes and dislikes, and hopes and dreams. Taking extra time to acknowledge the individuality of youth as they arrive and throughout the program or event is key.

### 4. Provide Personal Space

One way to show youth that we care is by giving them the space to reflect on their own feelings, opinions and perspectives. This can go a long way to building a meaningful relationship, and send the message that we respect their privacy and autonomy.

### 5. Give Youth a Say

Provide spaces and experiences where youth can get actively involved in expressing their thoughts and opinions and take action in their community, especially when the topic has an impact on them.

## How can you and your organization reflect what youth are telling us?

**For more information** visit [www.haltonyouth.com](http://www.haltonyouth.com)

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The Halton Youth Initiative (HYI) is a project supported by Our Kids Network (OKN) and the Ontario Trillium Foundation (OTF).