

I HAVE

meaningful relationships and people who care about me.

RELATIONSHIP SKILLS

BUILDING MEANINGFUL RELATIONSHIPS



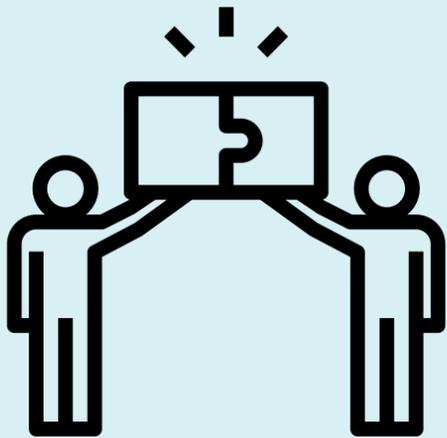
- A sense of belonging and connection with others is foundational.
- We can learn how to have healthy, meaningful relationships.
- It is important to trust people who are worthy of trust.
- A significant protective factor is the presence of at least one caring adult in a child's life.

COMMUNICATION

- Communicating with others can be verbal, written, and through body language.
- Attentive listening is an important part of effective communication.
- Social media has changed many communication methods - some are for the good and others not so good. It is important to use social media responsibly.



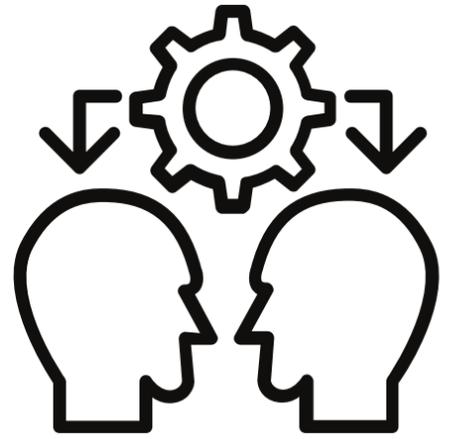
WORKING COOPERATIVELY



- When working with others to accomplish a task, it is important everyone does their part.
- Giving, taking, and compromising are important practices to effectively work with others.
- Teamwork involves putting the good of the group ahead of individual wants.

RESOLVING CONFLICTS

- Disagreements and conflict are a normal part of life.
- How children and youth see conflict handled influences the way they resolve conflict.
- It is important to listen to others and consider their perspective/viewpoint.
- Words used, tone of voice, and body language are important considerations when resolving a disagreement.
- Learning self-calming techniques can help lower tension.



HELPING AND SEEKING HELP

- Knowing when, who and how to ask for help can be learned and practiced.
- Asking for help is a sign of strength, not weakness. It can take courage to acknowledge when help is needed.
- Children and youth need opportunities to help others ("required helpfulness" is a protective factor).

IDENTIFYING SAFE & CARING PEOPLE

- Safety and security are foundational for building resiliency.
- Identifying safe, trustworthy people to ask for help is a critical life skill.
- Safe, trustworthy people show respect, keep confidences, listen, and want what is best for me.

