

STRATEGIES TO BUILD TRUST WITH YOUTH

- **Consistency**

Trust takes time and requires intentionality. Professional turnover is a problem.

- **Showing Interest – Placing Focus on Youth**

Talk with youth, not at them. Be curious and find commonalities that help establish relationships.

- **Balancing Challenge and Support – Raise Expectations**

Don't do for, do with. Be kind and care but hold them accountable. Youth should not be defined by their trauma – they are capable!

- **“Be Real” – Be Authentic and Relatable**

Crack jokes. Show personality and have fun – youth will like you more, which is important.

- **Make Hope a Reality**

Meet them where they are AND where they dream.

To reach young people, please contact their Independent Living Coach, Alisa Pritchett, at apritchett@central-plains.org

To learn more about Central Plains, contact Felipe Longoria-Shinn, CEO, at flongoria@central-plains.org and visit www.central-plains.org.

UNL Fostering Success Young Leaders:

- Doug Beck
- Ahmed Muhammad
- Nyakim Pal