

Trusted Adults and Teens

What is a Trusted Adult (TA)?

- Trusted adults are adults (**other than the parents**) who are a *consistent, dependable source of support.*
- The TA is chosen by the youth as a safe person who listens without judgment.
- *Trusted adults offer comfortable, safe spaces for youth to explore issues or connect with adults, outside the home.*

Where to find a TA:

- The purpose - of a TA - is to listen and offer support.
- Young people can find trusted adults in a range of settings - it could be a kind neighbor, a caring grandparent, a teacher, a coach.

Traits of a Trusted Adult

**Good Listeners
Non Judgemental
Reliable
Accessible
Encouraging
Supportive
Trusting
Validating
Open Minded**

Trusted adults will need to have clear boundaries and understand when situations may be beyond their skillset or if a caregiver needs to be in the know.

"Youth who can identify and access trusted adults in their life are nearly half as likely to engage in risky behaviors and twice as likely to engage in prosocial behaviors."

-Lisle Reed (Whole Child Initiatives Coordinator)

How Caregivers can foster Relationships with TA's:

Parents and caregivers can ask youth who they might turn to if they need extra support or which adults do they trust and feel comfortable with.

Communicate that:

- You understand the need to talk with other - more objective - people.
- Explicitly say that you are on board with this.
- Assure them that these conversations are private - unless they are a danger to themselves or others.