

Positive Connections with Supportive Adults

ADULTS WHO UNDERSTAND

Young people thrive and flourish when they are surrounded by caring and nurturing relationships with supportive adults (parents, caregivers, elders, grandparents, neighbors, tribal members, coaches, teachers, mentors, and more). Youth need a circle of people who listen, provide expectations, support, and guidance.

The Partnership recognizes the need to increase the capacity of adults to build supportive relationships with young people and the critical role of families and caregivers.





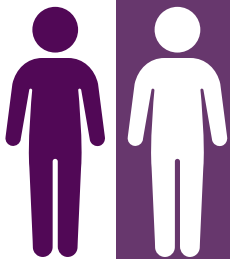
Adults Who Understand

Educate adults about adolescent health and development.

Caring adults who understand young people and their development play an important role in guiding and supporting young people through adolescence. These are the adults who “stick” with young people through thick and thin. The goal of this priority is to support adults who work with or make decisions about youth to routinely create and surround young people with caring relationships. The action steps focus on training these adults in adolescent development, positive youth development and the foundations of health.

Action Steps

- Partner with young people to train adults about adolescent health issues.
- Include adolescent development and the importance of supportive relationships in adult professional education.
- Improve higher education programs for professionals who work with young people to include a focus on adolescent health and development (e.g., health, public health, social work, psychology, education, law enforcement, etc.).
- Make supportive relationships with young people a central goal of youth programs.
- Collect and share best practices on building supportive relationships with young people.



One half of 9th graders report that they have been able to develop trusting relationships with adults outside of the regular school day.

For examples of Adults Who Understand resources, visit [The Minnesota Partnership for Adolescent and Young Adult website \(www.health.mn.gov/people/adolescent/youth/partnership.html\)](http://www.health.mn.gov/people/adolescent/youth/partnership.html).

Contact

Minnesota Department of Health | Child and Family Health Division
Health.AdolescentHealth@state.mn.us | 651-201-3650