

Are You a *Trusted Adult*?

As youth-serving professionals, it is important that we know how to effectively connect youth to services like health care or mental health support. To do this, we first need youth to be willing to open up about their concerns.



How to be a *Trusted Adult*:

- Convey **warmth** through body language.
- Use a **nonjudgmental** tone of voice.
- Ask **open-ended** questions.
- Practice **active and reflective** listening. Pay close attention to what someone says, including their tone of voice and body language. **Repeat back** what they say to ensure you understood them correctly.
- Give **affirmations**; do not deny, criticize, or shame.
- Keep conversations **focused** on the student.
- Provide **facts and information**; avoid opinions.
- Discuss **confidentiality**. Let the young person know up front what kind of information will and will not be kept private.

Source: Adolescent Health Initiative, 2017

For more information and resources visit:

www.cdc.gov/healthyouth

