

# Practical Toolkit For Strengthening Your Relationships With Young People

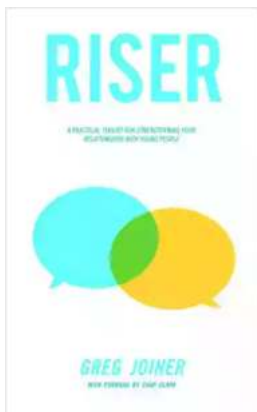


Welcome to our comprehensive guide on strengthening your relationships with young people. Building positive connections with the younger generation is vital for nurturing their growth and development. In this article, we will provide you with a practical toolkit filled with valuable strategies and techniques to enhance your relationships with young people.

## **Understanding the Importance of Strong Relationships**

Strong connections with young people are essential for their emotional well-being, personal growth, and future success. Research shows that supportive relationships contribute significantly to their academic achievements, social skills, and overall mental health. As adults, it is our responsibility to establish positive

connections with young people, providing them with the necessary support and guidance.



## **RISER: A PRACTICAL TOOLKIT FOR STRENGTHENING YOUR RELATIONSHIPS WITH YOUNG PEOPLE** by Victoria Aveyard(Kindle Edition)

★★★★★ 5 out of 5

Language : English  
File size : 620 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 261 pages  
Lending : Enabled



### **Active Listening and Communication**

The key to any successful relationship is effective communication. Young people often feel unheard or dismissed, so actively listening to them becomes crucial. Practice active listening by paying full attention to what they are saying, maintaining eye contact, and avoiding interruptions. Encourage open and honest conversations, making them feel comfortable expressing their thoughts and concerns.

### **Empathy and Validation**

Empathy is a powerful tool in building relationships. Put yourself in their shoes, understand their feelings, and validate their experiences. Show genuine care and concern, letting them know they are not alone. When they feel seen and understood, trust and connection are nurtured.

## **Creating a Safe and Supportive Environment**

Young people need a safe space where they feel supported and valued. Establish boundaries, rules, and expectations, ensuring they are communicated clearly. Foster an environment that promotes respect, trust, and inclusivity. Encourage collaboration and active participation, allowing them to explore their interests and passions freely.

## **Recognizing and Celebrating Achievements**

Every achievement, no matter how small, should be acknowledged and celebrated. Recognize their efforts and accomplishments, boosting their self-esteem and fostering motivation. Show interest in their hobbies, talents, and goals, providing encouragement and guidance along the way.

## **Building Mutual Trust**

Trust is the foundation of any strong relationship. It takes time and consistency to build trust with young people. Be reliable, dependable, and follow through on your commitments. Maintain confidentiality when necessary, allowing them to confide in you without fear of judgment or betrayal.

## **Encouraging Independence and Autonomy**

While building connections, it is important to foster independence and autonomy. Encourage young people to make their own decisions, take responsibility for their actions, and learn from their mistakes. Offer guidance and support, but also give them the freedom to explore and grow on their own.

## **Resolving Conflicts Constructively**

Conflicts are a natural part of any relationship. Teach young people healthy conflict resolution strategies, encouraging them to express their concerns calmly

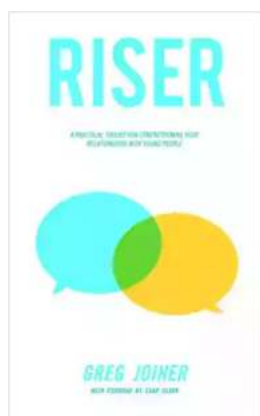
and respectfully. Help them understand different perspectives, promoting empathy and compromise. Be a mediator if needed, guiding them towards fair resolutions.

## Continuous Learning and Self-Reflection

Building strong relationships is an ongoing process. Keep learning and adapting your approach as young people's needs evolve. Engage in self-reflection to identify areas for improvement and growth. Seek feedback from young people themselves, valuing their input and adjusting your actions accordingly.

Strengthening your relationships with young people requires time, effort, and dedication. By utilizing the practical toolkit provided in this article, you can build meaningful connections that positively impact their lives. Remember to communicate effectively, show empathy, create a supportive environment, recognize achievements, and foster mutual trust. Encourage independence, resolve conflicts constructively, and continuously learn and reflect. Together, we can create a brighter future for the young generation.

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Much like a fifteen-year-old learning to drive a standard transmission for the first time, conversations with young people begin awkwardly, and usually they end unexpectedly. One word answers may easily become the norm. There is a major disconnect between young people and adults, and it is time for a crash course in conversations with young people. RISER is the way that author Greg Joiner invites adults to take the first steps in the direction of a young person.

Dr. Greg Joiner has written RISER to transform the way we communicate with our children and other young people. It all comes down to one thing. Communication. Some argue it is the bedrock of everything there is. It has been described as “the art of being understood.” The most sacred gift we offer another is the willingness and ability to gently step next to them in honest, respectful and authentic conversation. To talk. To listen. To know and be known. To engage, not as in a swordfight but in the way one would help a small child to cross a street. To be aware of entering into sacred space, where we take off our shoes approaching the holy ground of their most intimate treasure – their thoughts, their heart, their vulnerabilities and their insecurities. It all comes down to communication.

Communication requires watching, waiting, observing before pouring.

We think we’re communicating when we ask a simple question, “Have you finished your homework yet?” the minute we walk through the door. But we are not. With this simple intro to the night ahead we lose them as they emotionally slink out the back door even as they sit silently at the dinner table. We try with words, many, many words. Each word matters, and less is more. Without communication, we have no connection. Without connection, we have no relationship. And people wonder why Millennials are the way they are. Ask any of

them: Nobody listens.

And then comes RISER:

Reach beneath the surface

Investigate with powerful questions

Stay present in the moment

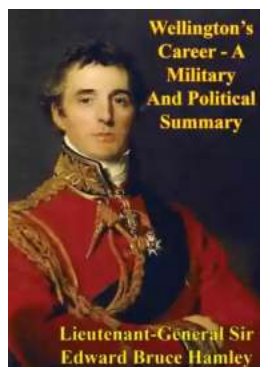
Explore possibilities

Respond with permission

About the author:

Greg Joiner, D.Min, has worked closely with young people for over 20 years. He currently serves as the Student Ministries Pastor at Fellowship Bible Church in Brentwood, TN. Greg received his D.min in the area of Youth, Family, and Culture from Fuller Theological Seminary in 2015. Greg also holds an ACC in coaching through the ICF. Greg and his wife Ellen, live in Nolensville, TN with their two children. Together they own beatboxfit, a fitness studio in Brentwood, TN.

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