

# 55 IDEAS FOR DEEPENING ONE-TO-ONE RELATIONSHIPS

The Developmental Relationships Framework focuses on aspects of relationships that can be changed through intentional action. Try the following tips for strengthening each element of developmental relationships with and among young people. (Of course, ideas for one group can be adapted for others.) These ideas build on insights from focus groups and interviews, as well as research on the elements of developmental relationships.

ELEMENTS	ALL ADULTS	YOUNG PEOPLE
<p><b>Express Care</b></p> 	<ol style="list-style-type: none"> <li>1. Pay attention. Focus on youth when they are talking about things that matter to them. Put away your cell phone.</li> <li>2. Follow up with young people when you learn about what they are going through something, rather than waiting for them to bring it up again.</li> <li>3. Make time for lightness. Share in some humor, fun, and laughter amid the practical tasks.</li> </ol>	<ol style="list-style-type: none"> <li>16. When taking with friends, ask follow-up questions that help you get to know them better.</li> <li>17. Let friends know you noticed when they do something you admire.</li> </ol>
<p><b>Challenge Growth</b></p> 	<ol style="list-style-type: none"> <li>4. Highlight future goals. Talk with young people about the things they look forward to or dream about.</li> <li>5. Expand their thinking by asking hard questions, providing alternate explanations, and encouraging openness to different opinions. This helps them expand their own thinking.</li> <li>6. Emphasize mistakes are a necessary part of learning. Praise them for hard work, whether they succeed or fail.</li> </ol>	<ol style="list-style-type: none"> <li>18. Encourage friends to spend time doing things that will help them reach their future goals and dreams.</li> <li>19. Model how you put in effort to learn. Push back if others dismiss the value of learning.</li> </ol>
<p><b>Provide Support</b></p> 	<ol style="list-style-type: none"> <li>7. Offer information and practical help to solve a practical problem, or loan them something they may need.</li> <li>8. Show young people how to ask for help when they need it.</li> <li>9. Shift levels of support. Give more support when young people are struggling, and less when they are making progress. Step back as their skills and confidence build.</li> </ol>	<ol style="list-style-type: none"> <li>20. When a friend can't figure out how to solve a problem, offer to talk it out together.</li> <li>21. Offer your support when friends face challenges. If needed, ask a trusted adult to be an ally and resource.</li> </ol>
<p><b>Share Power</b></p> 	<ol style="list-style-type: none"> <li>10. Let young people make decisions about activities you do together and what you talk about. Don't jump in too fast when they don't make quick decisions or think of things to talk about.</li> <li>11. When you can, offer choices ("So, what could you do differently to tackle this problem?"), rather than always giving instructions.</li> <li>12. Learn from young people—and show it. Young people have a lot to teach adults. Let them know when you've learned something from them that you're excited about.</li> </ol>	<ol style="list-style-type: none"> <li>22. When you're on a team or in a group, practice listening to others, negotiating, and making decisions that work well for everyone.</li> <li>23. Notice peers who tend to be left out or are quiet. Find ways to include them and give them a voice.</li> </ol>
<p><b>Expand Possibilities</b></p> 	<ol style="list-style-type: none"> <li>13. When young people seem curious about an activity, topic, or issue, ask questions such as "what strikes you about this?"</li> <li>14. Introduce young people to a wide range of people, places, ideas, cultures, and vocations. Start with ones they're curious about.</li> <li>15. Broaden the web of relationships. Connect young people to people who share their interests or can expand their world.</li> </ol>	<ol style="list-style-type: none"> <li>24. Take turns with friends trying new food, music, or outings, based on each other's interests.</li> <li>25. Introduce friends to people who can help them learn things that interest them.</li> </ol>

## YOUTH PROGRAM LEADERS

### PARENTING ADULTS

### TEACHERS

<p><b>Express Care</b></p> 	<p>26. Ask follow-up questions so you both know you're interested and tracking.</p> <p>27. Find satisfaction in doing things for and with your child, even if these things wouldn't otherwise be important to you.</p>	<p>36. Strive to understand and show sensitivity to students' feelings.</p> <p>37. Use varied teaching strategies to make learning enjoyable, and to help students connect with you and each other.</p>	<p>46. Work to understand young people's points of view when they share ideas or opinions.</p> <p>47. Do what you say you will do, and keep your promises.</p>
<p><b>Challenge Growth</b></p> 	<p>28. Expect your children to do their best, even when doing something they don't really like.</p> <p>29. Teach your children that making mistakes is a part of learning.</p>	<p>38. Emphasize mastery and self-improvement more so than doing better than other students.</p> <p>39. Challenge students to reach high expectations. Hold them accountable.</p>	<p>48. Challenge young people to try things that are a little hard for them to do.</p> <p>49. Help young people find their own solutions, rather than just telling them what to do.</p>
<p><b>Provide Support</b></p> 	<p>30. When you teach your child a skill, demonstrate it by breaking it into smaller steps.</p> <p>31. When your children are not getting the help they need, find people who can address the issue.</p>	<p>40. Provide specific and descriptive feedback for students to use toward their improvement.</p> <p>41. Teach strategies for performing and learning under pressure.</p>	<p>50. Help young people think through options and resources when they encounter obstacles.</p> <p>51. Show young people how to ask for help when they need it.</p>
<p><b>Share Power</b></p> 	<p>32. Include your children in thinking about decisions, even when you have to make the final call.</p> <p>33. When you disagree, take time to understand each other's point of view.</p>	<p>42. Give students classroom choices within rules and safety limits.</p> <p>43. Ask students for input on assignments, class content, and how they can show proficiency.</p>	<p>52. Provide opportunities for young people to lead programs based on their interests.</p> <p>53. Emphasize building community and serving others through youth-initiated projects.</p>
<p><b>Expand Possibilities</b></p> 	<p>34. Find ways for your children to spend time with people who are different from your family.</p> <p>35. Encourage your children to try things they might be interested in. Maybe even try it together.</p>	<p>44. Demonstrate how what students are learning relates to their interests and to success outside of school and in the future.</p> <p>45. Connect students with educators, other students, and community members who can explore with them areas of personal interest and strength.</p>	<p>54. Introduce young people to other cultures, ideas, and places that help them discover their place in the world.</p> <p>55. Model being a curious learner by asking questions and sharing what you're learning in your own life.</p>