



# Developmental Relationships Bingo!

Can you fill the board? Adult-Youth relationships are extremely important to youth development. Below are some great first steps towards building strong relationships with youth...

Challenge them to try something that may be difficult.	Ask for their opinion on a decision that affects them.	Apologize to them when you make a mistake.	Help them to solve some problem	Identify a shared interest.
Help connect them to another person or service who can help with an issue.	Give them feedback, being sure to include what they did well.	Share an article, link, blog, tweet, etc. you think they'd be interested in.	Show up to a game/concert/event to support them.	When they ask for an opinion, give several options rather than a single answer.
Praise them for working hard.	Catch them doing something right	<b>Free Space</b>	Take time to understand their point of view.	Ask them about the things they look forward to in the future.
Tell them something they taught you, and thank them for it.	Follow-up after they tell you they are going through something.	Try something new for both of you, together.	Tell them a joke.	Learn about their interest, and why they are interested.
Share an expectation you have for them.	Ask for their help.	Create an opportunity for them to be a leader.	Connect them to someone who shares their interests.	Tell them what you like about them.

**Fill the board?**

**Tag us and share your board on Instagram (@metrowest\_can) or twitter (@metrowestcan)**

The mission of the MetroWest Caring Adults Network (MetroWest CAN) is to build the capacity of local organizations and community members to connect to children & teens in meaningful ways using the **Developmental Relationships Framework** to build resiliency and help prevent use substance use among youth.