

Strategies for Navigating Youth-Adult Partnerships

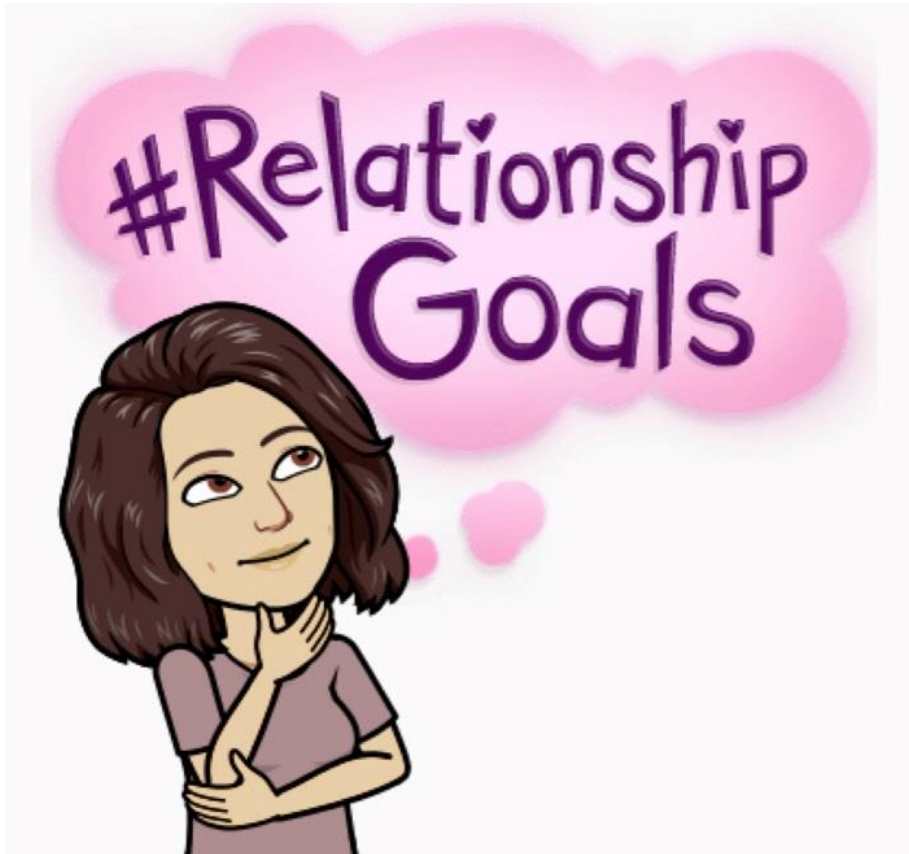


Break the Cycle

Because Everyone Deserves a
Healthy Relationship

Austin, TX • Washington, DC • Los Angeles, CA

Your Facilitators for the day...



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Who We Are

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse.

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Our Work



Youth Organizing

Online & In Person



Legal Services

Free for youth in
DC



Advocacy

Changes in laws &
systems



Training/TA

Help communities
build capacity

LET'S BE REAL
IS A NATIONAL MOVEMENT
BY YOUNG PEOPLE
FOR YOUNG PEOPLE
ABOUT RELATIONSHIPS



Learning Objectives

Understand the role
power plays in creating
youth-adult
partnerships

Reflect on our
facilitation and
practices with youth

Consider strategies
adults can employ to
share power when
collaborating with
youth

Have Fun!

Building the world
we envision by
living it now...



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How do we nurture that dynamic?



**Regrouping Method:
“Hey Everybody!”**

Step Up/Step Back

Oops/Ouch

Lean into the discomfort/unknown

Check yo’self

Manage Judgements

Check yo’self

Encourage & Celebrate

**Communicate & respect
boundaries**

Feelings are Welcome

Wellness & Participation

Confidentiality

Starting with the personal...

What first inspired me in this work is..



The last cool thing I learned from a young(er) person was...



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An adult who supported/mentored me was...





Voices All Around



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Meet the Characters



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The voices around young people...

What are some of the messages they hear about teens and how they are expected to act/interact with the world?

The voices around adults...

What are some of the general messages adults hear about adults & how they are expected to act/interact with the world?

Orchestra



Are they hearing the same voices?



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Internalizing the Voices

What do young people begin to believe about themselves
and their role as teens?

What do they begin to believe about how they should
act/interact in relation to adults in their lives?

Internalizing the Voices

What do adults begin to believe about themselves and their role as adults?

What do adults hear about how they should act/interact in relation to young people?

Orchestra



How do we counter
the voices?



Orchestra



Debrief 1-4-all

What did it feel like to participate in this exercise?

How do the voices in our heads impact our ability to connect and work with each other (adults with youth)?

How might young people resist? How might adults respond to this resistance?

Strategies for sharing Power

Self- Awareness

Flexibility

Connect
Authentically

Transparency

Co-creating
Process

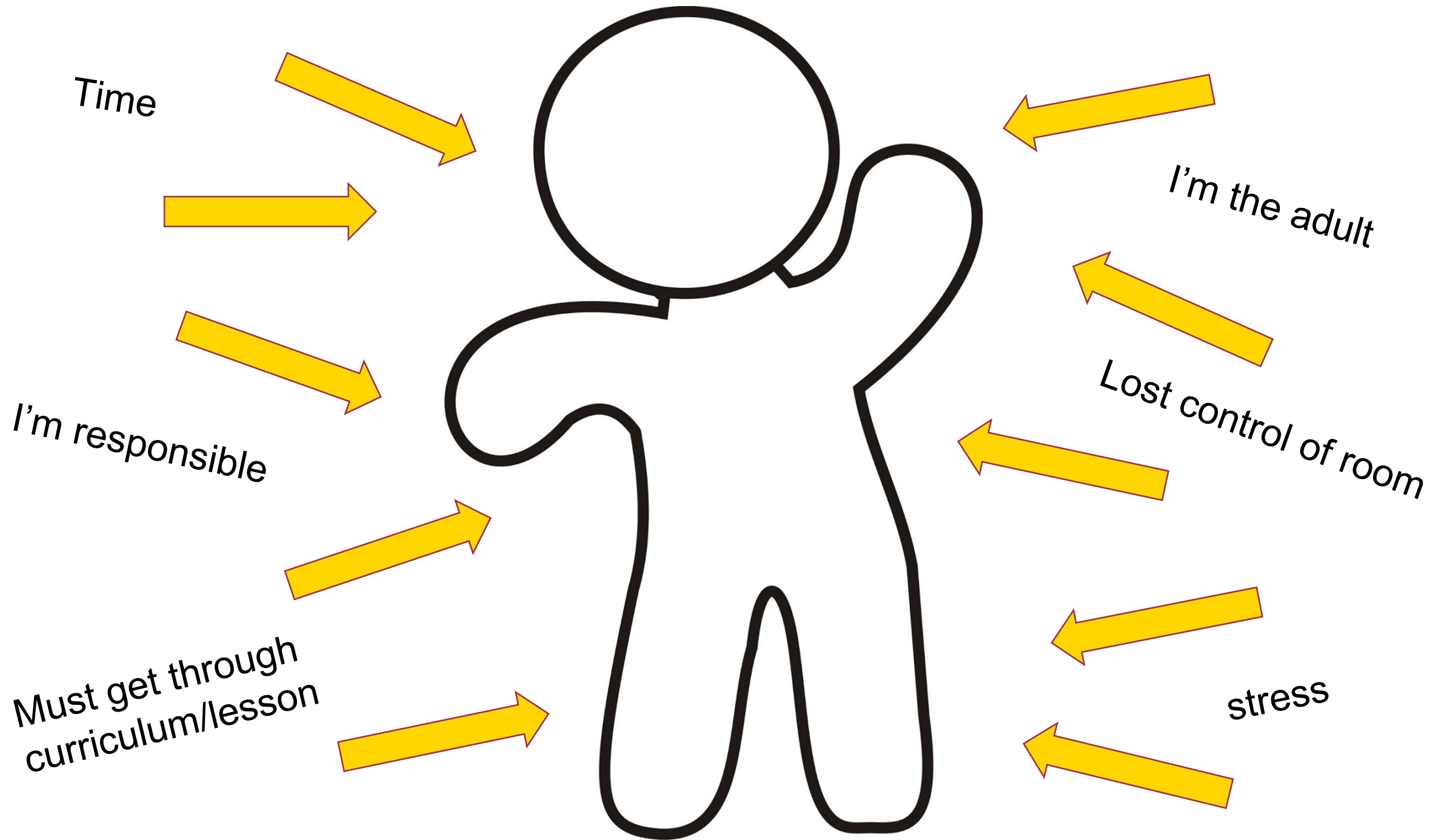
Varied
Approaches

Self-Awareness

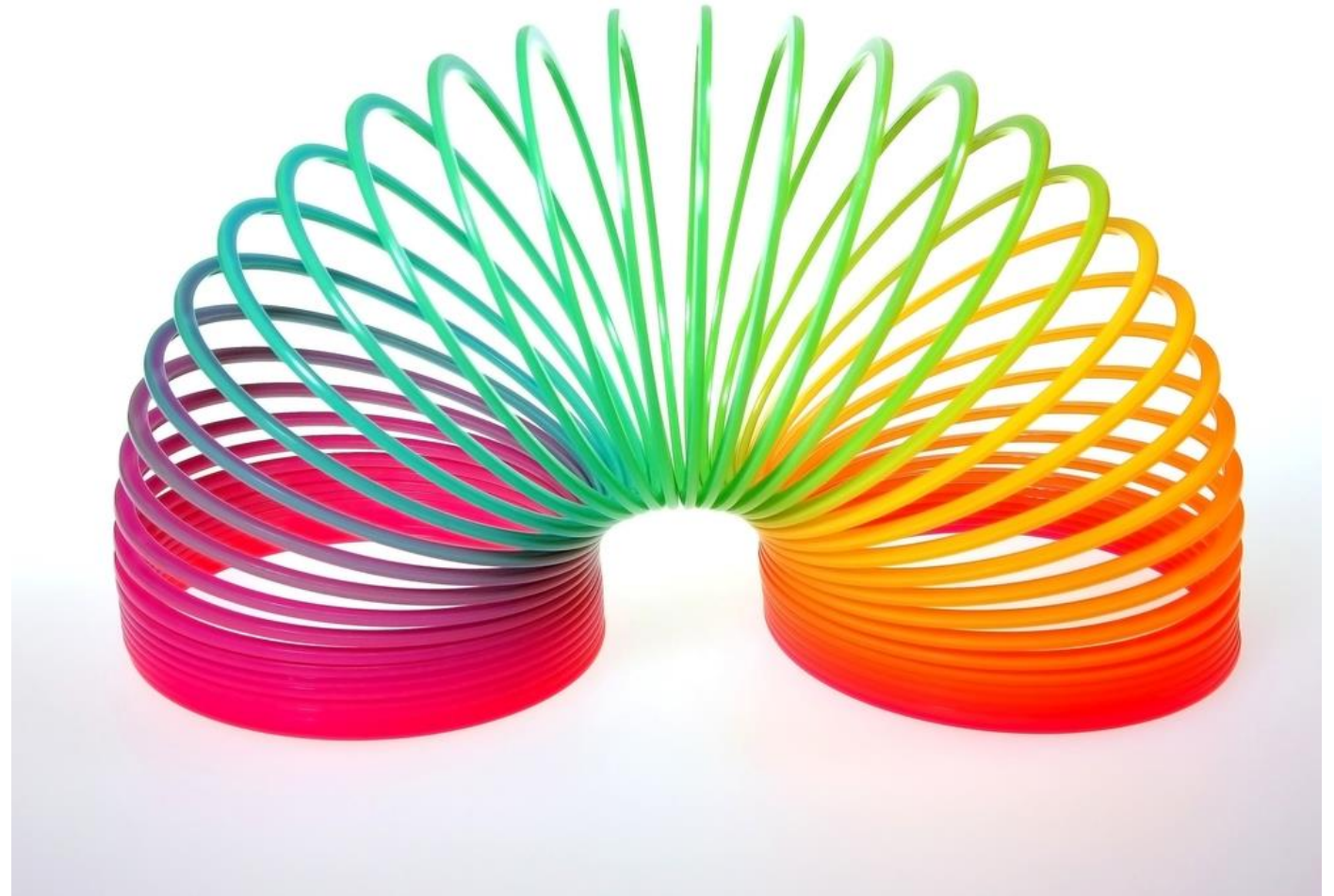
Consider the **physical**,
virtual, **emotional**, and
facilitator space
beforehand.

We are our best tool





Flexibility: are we Adult-Driven or Adult-Supportive?



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Adult-Driven

Benefits

- Opportunities to introduce new ideas
- Results are neat and understandable
- Structured and focused

Setbacks

- Loses creativity & imagination
- Forced results
- Learning is objective



Adult-Supportive



Benefits

- Opportunities for creativity
- Learning is subjective - investment
- Creates safety & emotional connections

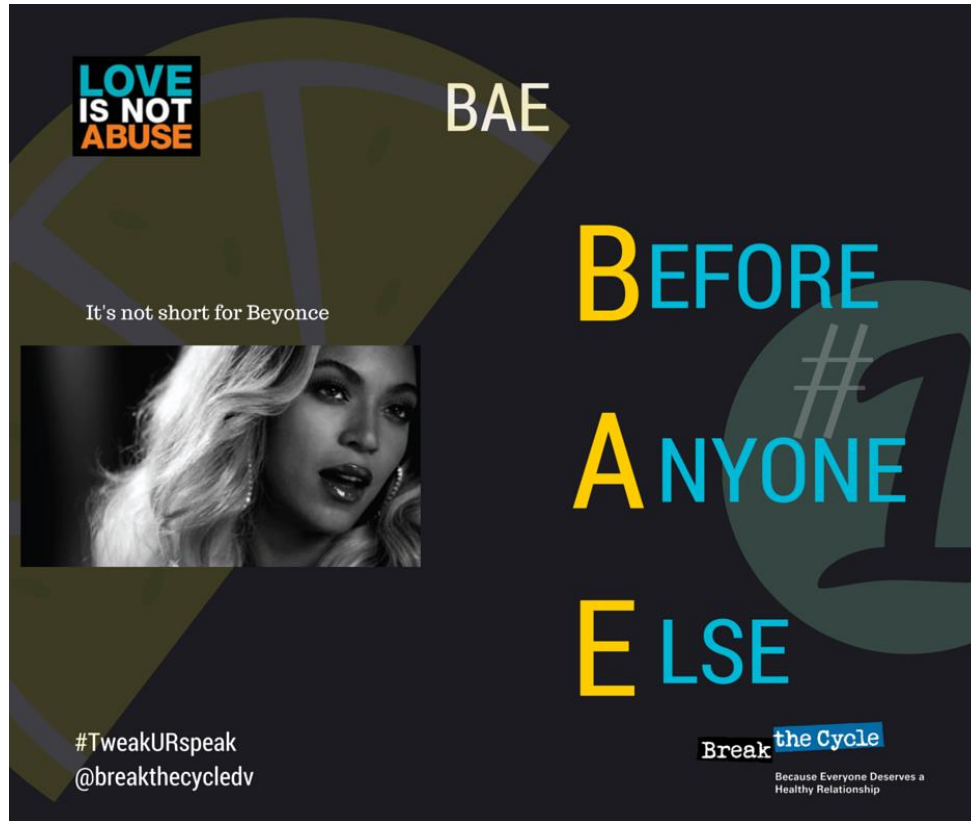
Setbacks

- Time consuming
- Unfocused
- Risky

REAL TALKS ARE
OPEN, HONEST CONVERSATIONS
THAT HELP US UNDERSTAND
HOW WE CAN CREATE A CULTURE WHERE
EVERYONE HAS HEALTHY
RELATIONSHIPS.



Connect Authentically



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“Tweak Your Speak”

“

ADULTS SHOULD REALIZE
THAT **THEY DON'T HAVE TO
RELATE TO SOMETHING TO
UNDERSTAND AND
ACCEPT IT.**

#BTCRealTalk



Situationship

DM

Roster

Ghosting

Transparency



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Hart's Ladder of Youth Engagement



Co-create Process

Why does
our group
exist?

What do you
expect from
youth?

What do
youth expect
from you?

How will we
distribute
control?

What's the
group
culture?

How will you
support
youth?

Varied Approaches

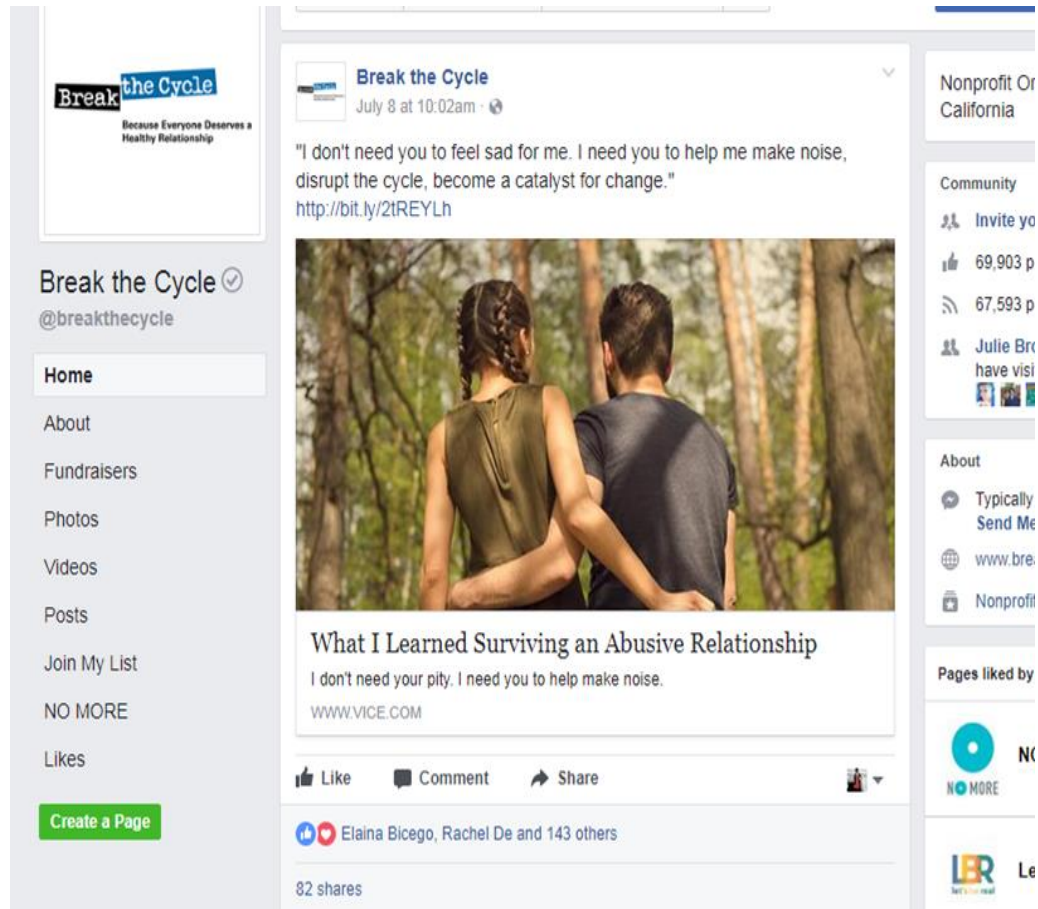


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Using Social Media



Facebook profile for Break the Cycle (@breakthecycle). The profile includes a cover photo of a couple in a forest, a bio stating "Because Everyone Deserves a Healthy Relationship", and a post titled "What I Learned Surviving an Abusive Relationship" with the text "I don't need your pity. I need you to help make noise." and a link to www.vice.com. The post has 82 shares and is liked by Elaina Bicego, Rachel De, and 143 others.



Follow [@breakthecycle](#) for our live IG #SAAM events!



SAAM KICKOFF

IG Real Talk - March 28 | 7 pm CST | [@breakthecycle](#)

KEEP IT TEAL ALL MONTH!



#TealDay
Tuesday 4/2




#DenimDay
Wednesday 4/24



Virtual Leadership
Training (Ages 12-24)
Thursday 4/25

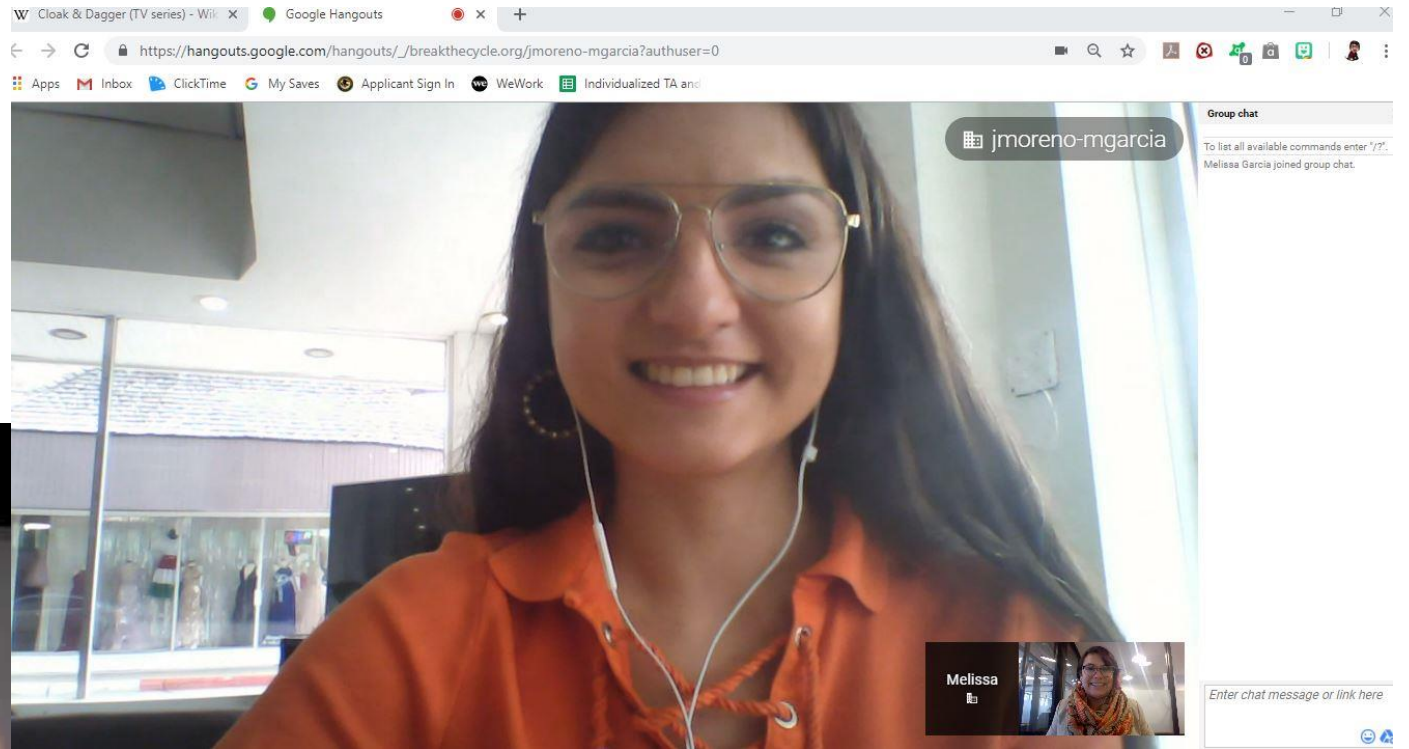


Ask Me Anything
Tuesday 4/29



Twitter poll for Break the Cycle (@BreaktheCycleDV) dated March 23. The poll question is "Is it okay to feel jealous in a relationship?". The results are: Yes (19%), No (21%), and Yeah but not TOO jealous (60%).

Response	Percentage
Yes	19%
No	21%
Yeah but not TOO jealous	60%



Social Listening



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Benefits of Social Listening

- Informs our work
- Authentic connection
- Exciting and engaging
- Culturally responsive

Suggested Searches:

#baegoals #relationshipgoals #love #WCW (or any of the trending hashtags of that moment) and suggestions from youth

Here's what we found:






When Bae get a phone call
after 10 pm

#PlayIfYouWantTo



 Quotes Reviews



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IT'S OKAY TO
NOT
DO IT ALL.

LOVELY INDEED

The Journey is the work!

“People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” - Maya Angelou

Positive Gossip

What did you appreciate about the training?



Positive Gossip



What did you appreciate
about someone else today?

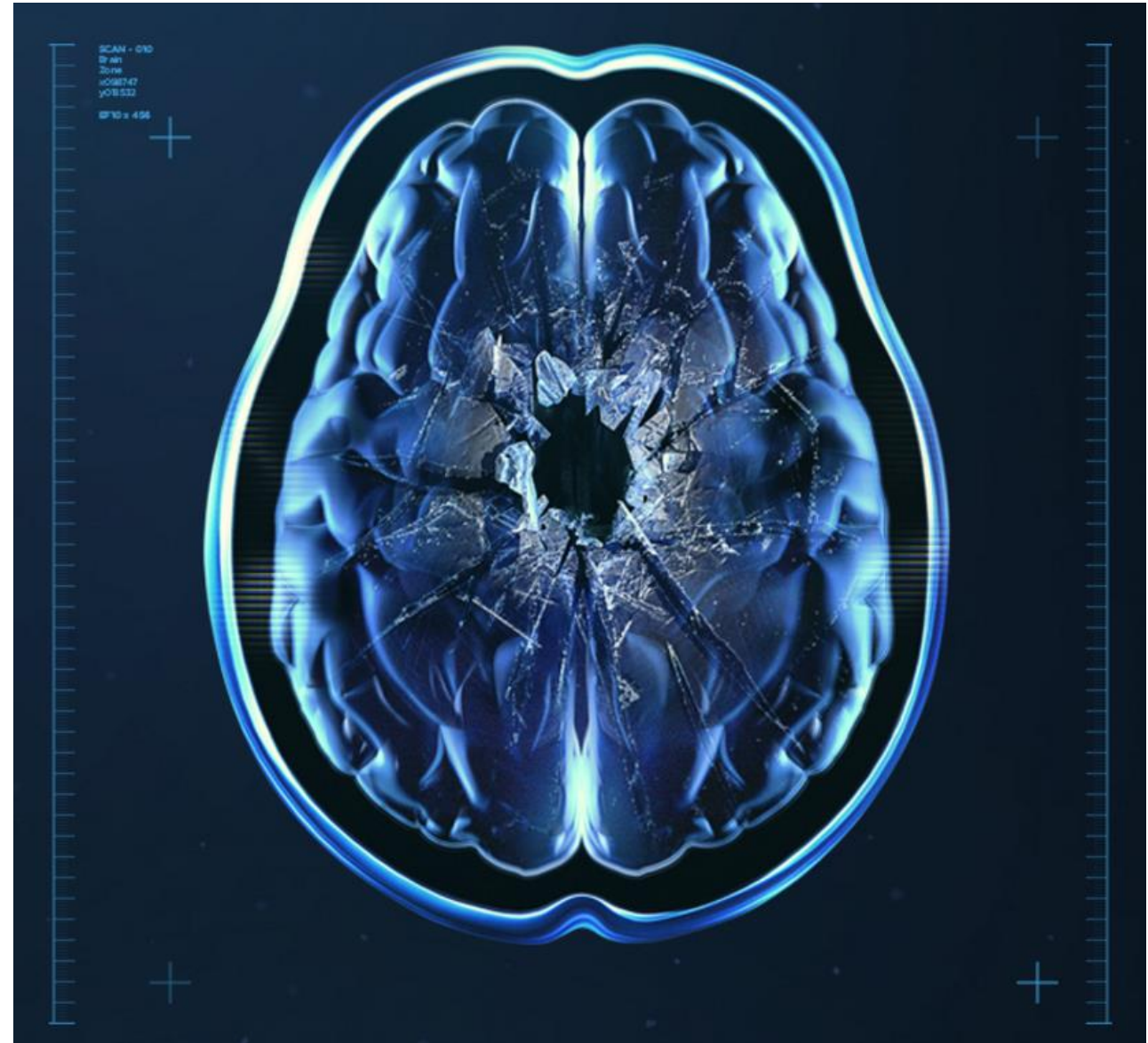
Positive Gossip



What did you appreciate about yourself and your contributions?

Resources

- Youth Engagement Toolkit:
<http://tnoys.org/youth-engagement-toolkit/>
- Youth Thrive:
<https://www.selpractices.org/>
- Changing Minds:
<https://changingmindsnow.org/>
- www.loveisrespect.org





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