

**Notes:**

**1. Show up**

You need to go where youth are. Connect at schools, sports programs, or clubs in the community. Show up predictably and consistently.

**2. Leverage Mutual Interests**

Use the things you have in common to start conversations, ask questions, and go do something.

**3. Be You**

Be authentic, don't pretend to be something you aren't. Relax, be yourself, and have some fun.

**4. Use Social Media**

Connect with youth through social media, like their posts, comment on posts, and post about them on your own account to show their accomplishments or birthdays.

**5. Build Trust**

Trust takes time. Multiple factors play into it, like respect, consistency, keeping promises and being dependable. Over time these actions build trust which allow you to build more meaningful connections with youth.

