

EMPOWERMENT STARTS WITH YOUTH

4 Tips for Adults to Promote Youth Empowerment

EXPLORE THEIR INTERESTS

Getting curious is the first step to feeling empowered. Read books and watch movies together about a variety of pursuits and careers and see where your kid's interests are.



ALLOW AUTONOMY

Offer safe, supportive opportunities for youth to be autonomous and make clear your expectations for their contributions – whether that's a toddler learning to take their plate to the dishwasher or empowering a teenager to decorate their own space.



BE OPEN AND HONEST

Knowledge is power, and when we are open, direct and honest with young people, this not only helps expand their understanding of the world around them, but it builds their own self-awareness.



LET THEM LEAD

From working on school projects to managing a household chore, let young people own the trajectory of the assignment, from planning to execution. Give them the space to try on their own.



HOPE'S VOICE

PREVENTION. SUPPORT. ADVOCACY.

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