

Being Youth-Friendly

Introduction

This Spark introduces your team to elements of an adolescent-centered environment and outlines key staff behaviors that are essential to providing youth-friendly treatment. It is meant to begin the process of becoming a more welcoming environment to young people, to suggest possible avenues for improvement, and to trigger discussions about a range of issues related to making your organization a safe space for young people.

Objectives

By the end of this Spark training, participants will be able to:

1. Identify youth-friendly behaviors
2. Identify characteristics of youth-friendly organizations

Supplies

Prepare these supplies prior to facilitating this Spark.

- Laptop
- Projector
- Speakers
- Video: give yourself time before the Spark to test the video and sound.
- Copies of the *Being Youth-Friendly Spark Handout* for all participants
- Writing utensils for all participants

Additional Resources

If you would like to learn more about this Spark topic, take a look at these additional resources.

- [Assessment of Youth-Friendly Health Care: A Systematic Review of Indicators Drawn From Young People's Perspectives](#)
- [Characteristics of Youth-Friendly Clinical Services](#)
- A collection of youth-friendly (and printable) infographics, posters, and other materials for clinical settings can be found on the [AHI website](#).

Citation

If you plan to modify this resource, please cite or credit as: Being Youth Friendly. Spark Training developed by the Adolescent Health Initiative at Michigan Medicine; October 2021; Ann Arbor, MI.

Facilitator's Note:

Before you begin, keep in mind that everyone participating in the Spark comes with their own unique perspectives and experiences that shape who they are and, in this case, impacts how they think about adolescent health. It's helpful to be aware of how those identities shape your experience or may shape the experiences of the people participating in the Spark.

For the most up to date version of this training, be sure to check AHI's website at www.adolescenthealthinitiative.org/Spark-trainings

Please direct any questions or inquires to the Adolescent Health Initiative at adolescenthealth@umich.edu.

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Key of Icons

🖥️ = Slide change ⌚ = Estimated duration of topic 💬 = Script for facilitator 💡 = Note for facilitator

Intro/Hook ⌚ (5 MINUTES)



💡💬 Introduce yourself/yourselfes.



💡💬 To help us think back to our own experiences as youth, we're going to do a quick activity. Turn to the people around you and find someone who agrees with or completes the task on your handout. After they complete the task, fill in their name on your handout. Talk to as many of your coworkers as you can over the next few minutes.



- You would rather hold a baby than talk to a teen.
- You can recall a recent positive interaction with a teenager
- You can name 2 things that are hard about being a teen

The purpose of this activity was to help us think back to our own experiences as young people, and to remind ourselves that it might take special effort for us to meet their needs as we strive to be more youth-centered.

💡 If you are facilitating this Spark virtually, use the following script/activity instead.



What is something that is hard about working with teens?

What is something that is enjoyable about working with teens?

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Click link on the slide to play video, or use: <https://youtu.be/vAu5ad827I8>.



Discussion: Thinking about the video and the perspectives of youth, what might happen when they **don't** feel comfortable accessing services?



And what might happen when they do feel comfortable?



So, if their behaviors are developmentally appropriate, as challenging as they may be, what can we do as adults, to help them along the way?

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💬 One of our main goals with becoming more youth-friendly is to look at how we interact with young people and help them feel welcome here. There are a lot of ways that youth-serving organizations can be welcoming to young people, and we have 8 of these behaviors listed on the slide and at the bottom of your handout. For the next few minutes, we will review a couple of scenarios, and discuss which youth-friendly behavior that scenario relates to. There is no right answer, and for some there could be multiple answers.



Answer: #2. Provides and/or supports fair treatment and equal opportunity for ALL youth.



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 13 – YOUTH-FRIENDLY BEHAVIORS



 14 – THANK YOU!

