

**Table 16 Practices to Nurture Healthy Relationships With Kids**

BUILD CONNECTIONS	BUILD COMPETENCIES
<ul style="list-style-type: none"> <li>• Focus on the young person</li> <li>• Be a coach and offer encouragement</li> <li>• Be engaging and interesting</li> <li>• Be intentional and present</li> <li>• Be socially and culturally responsive</li> <li>• Be honest and trustworthy</li> <li>• Cultivate community and belonging</li> <li>• Encourage teamwork and collaboration</li> <li>• Assign appropriate roles and responsibilities</li> <li>• Respect agency and autonomy</li> <li>• Offer psychological and physical safety</li> <li>• Show care and concern</li> <li>• Support personal growth</li> </ul>	<ul style="list-style-type: none"> <li>• Be planful and predictable</li> <li>• Offer opportunities that strengthen abilities</li> <li>• Be strengths based</li> <li>• Empower and equip</li> <li>• Create space and time to practice skills</li> <li>• Make real-world connections</li> <li>• Model what you want to see</li> <li>• Provide healthy challenges and risks</li> <li>• Provide information, resources, and tools</li> <li>• Offer structure with clear boundaries</li> <li>• Nurture a sense of self and independence</li> <li>• Create the chance for young people to shine</li> </ul>