Table 16 Practices to Nurture Healthy Relationships With Kids	
BUILD CONNECTIONS	BUILD COMPETENCIES
Focus on the young person	Be planful and predictable
• Be a coach and offer encouragement	Offer opportunities that strengthen abilities
Be engaging and interesting	• Be strengths based
Be intentional and present	• Empower and equip
Be socially and culturally responsive	Create space and time to practice skills
• Be honest and trustworthy	Make real-world connections
Cultivate community and belonging	• Model what you want to see
Encourage teamwork and collaboration	Provide healthy challenges and risks
Assign appropriate roles and responsibilities	Provide information, resources, and tools
Respect agency and autonomy	Offer structure with clear boundaries
Offer psychological and physical safety	• Nurture a sense of self and independence
Show care and concern	Create the chance for young people to shine
Support personal growth	

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