



Askable Adult Training



Online Training for All Adults Seeking to Become More Askable

WHAT IS AN ASKABLE ADULT?

An askable adult is one who is approachable and easy for children and youth to talk to about anything that is on their mind. Qualities of adults who are "askable" include patience, consistency, respectfulness, honesty, kindness, attentiveness, trustworthiness, lightheartedness, open-mindedness, non-judgment, and knowledgeability. Askable adults often have a similar racial/ethnic or sexual identity as the young person, or common background experience.

WHO? This training and guide is designed for adults who are interested in becoming more "askable" and supportive for the children and youth in their lives. Open to all adults, educators, parents, and youth development professionals. Participants will enhance skills that will enable them to have strong, trusting, and affirming relationships, communicate more effectively, strengthen connections, and be a valuable resource for the young people in their lives.

WHY? In a 2017 VT Network survey of 584 Vermont Youth, Vermont children and youth ages 10 to 24 identified an array of concerns that cause them stress in their everyday lives—including drug and alcohol use; poverty; sexism and harassment; body shaming and bullying; and homophobia and transphobia. When asked what would help, young people said that the number one solution would be having more supportive and "askable" adults in their lives.

Dates Offered:

Fall Session #1—Monday, September 21 & Wednesday, September 23 from 6:30-8:00p.m.

Fall Session #2—Monday, October 26 & Wednesday, October 28 from 10:00-11:30a.m.

Fall Session #3—Monday, November 16 & Wednesday, November 18 from 10:00-11:30a.m.



Trainings will be capped at 35 participants due to the participatory nature of this training. This workshop will be held over Zoom and encourages participants to engage in facilitated small group conversation surrounding the qualities and practices that can make adults more askable. For more info on the Askable Adult Campaign, check out the [Vermont Network Askable Adult Campaign](#).

See back for registration details!



Registration



The following Askable Adult training sessions are open to all adults who wish to become more askable.

Fall Session #1

Monday, September 21 & Wednesday, September 23 from 6:30-8:00p.m.

Register here:

https://qualtrics.uvm.edu/jfe/form/SV_6EVcgozX0fco49n

Fall Session #2

Monday, October 26 & Wednesday, October 28 from 10:00-11:30a.m.

Register here;

https://qualtrics.uvm.edu/jfe/form/SV_bmD5xXubaPgyBpP

Fall Session #3

Monday, November 16 & Wednesday, November 18 from 10:00-11:30a.m.

Register here:

https://qualtrics.uvm.edu/jfe/form/SV_8dnw1XCYdl1Nf2l

Upon registering, Zoom details will be sent the Friday before the start of the training.

To request a disability-related accommodation to participate in this program, please contact Allison Smith, 4-H Youth Learning Experiences Coordinator at allison.smith.2@uvm.edu or (802) 651-8343 x509 at least three weeks prior to the start of your session so we may assist you.