



Askable Adult Training

May 18 & 20, 11:30 am-1:00pm via Zoom

Online Training for All Adults Seeking to Become More Askable

ARE YOU GETTING READY TO WORK IN-PERSON WITH YOUTH THIS SUMMER?

"**Kids are not okay**," Governor Scott said during the Feb. 26 statewide COVID press briefing. Around 70% of Vermont youth reported in a recent survey that the COVID-19 pandemic made their anxiety/worry, mood or loneliness "a little" or "a lot" worse. And 38% of youth reported that they felt difficulties were piling up so high that they sometimes or often could not overcome them in the past month. Now more than ever our youth need askable adults!



WHAT IS AN ASKABLE ADULT? An askable adult is one who is approachable and easy for 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 SHOULD ATTEND? This training is designed for adults who are interested in becoming more "askable" and supportive for the youth in their lives. Open to **all adults, educators, summer programs and camp staff, parents, youth development professionals** and **youth group volunteers**. 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.

REGISTER HERE: <https://go.uvm.edu/askableadults>

Zoom details will be sent following registration. Participants must attend both sessions. For more info on the Askable Adult Campaign, check out the [Vermont Network Askable Adult Campaign](#). Registration will be capped at 35 participants.

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 by May 3, 2021 so we may assist you.



www.uvm.edu/extension/youth