

PowerTalk for Families

Trusted Adults are Valuable

Developmental research shows that having one or more caring adults in a child's life increases the likelihood that they will flourish and become productive adults themselves. In many cases, these caring adults are the child's parents, but other relatives, neighbors, friends of parents, teachers, coaches, religious leaders, and others can play this role.

Caring adults, like these, can provide another perspective and offer guidance and support. Your child may need the advice or guidance of an adult at a time when you are not available. At these times, it's helpful to have other trusted, caring adults in your child's life.

Use this activity to help guide your child as they discover the other adults who can play an important role in their lives.

The Interview

Have your child interview you. Talk about an adult who was an important influence on you when you were an adolescent. Use the following questions to start the interview. Allow your child to add questions that help to clarify his/her understanding.

1. When you were my age, was there an adult in your life who influenced you (other than a parent)?
2. Who was that person and how did you meet him/her?
3. What did they do or say that made an impact on you?
4. How long was that person involved in your life?
5. Do you still have contact with that person?
6. Have you ever told them how important they were to you?

Now switch places. You be the interviewer and ask your child these questions.

Use this activity to begin a conversation about the influential adults in your child's life. Is there someone they already know who is filling this role? Are they people who are trustworthy? Is it someone who has qualities that you value? Are they reliable, truthful, safe, respectful and dependable? If they haven't identified a trusted adult, talk about who that might be.