



# Walking the talk

A toolkit for engaging youth in mental health



## Individual reflection: Youth-adult partnerships

Personal Statement	Working on It	Mostly	Always
I consider the feelings and ideas of young people and adults equally.			
I realize that it is more effective for youth to develop their personal beliefs from their own experiences rather than simply following the advice of the adults in their lives.			
I am able to hold back when I have the urge to tell youth what to do.			
I am aware of the current issues facing young people today.			
I try to look at the root causes in a young person's behaviour or mood.			
I understand how "adultism" can influence adult attitudes towards young people & I change my own behavior.			
I believe that youth have what it takes to make a difference in their communities.			
I listen with an open mind to people of all ages and value their opinions.			
Within my workplace, I try to create opportunities for youth to get involved beyond receiving service.			
I find it easy to establish a positive rapport with young people.			
I say something when youth are being disrespected or when their rights are being violated or denied.			
I look for strengths in young people and consider them to be valuable assets, rather than problems that need fixing.			



Ontario Centre of Excellence  
for Child and Youth  
Mental Health

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