

Youth Survey Responses

When you think about the adults in your life, what is important to you in deciding who to trust?

- If they respect my privacy and confidentiality.
- If they believe in what I can do and want me to reach that goal.
- People who make an effort to make things better.
- If I know the person well and they have earned my trust. For example, my family like my grandma, my parents. And my teachers.
- People who are straightforward with me, not sugarcoating stuff.
- How they act toward me -- and my prediction of how they would react if I came to them with a problem.
- People who are nice, comforting, and seem to want what's best for me.
- When they listen to me and give me solid advice.
- I most trust adults for advice when their beliefs align with mine.

Describe a place where you feel safe to be yourself.

- With friends or other supportive groups.
- With my community or in my environment.
- At school.
- In band with my classmates.
- The basketball gym: I feel free and can express myself on the court.
- Home in my room, with no one to bother me.
- Out in nature.
- Around my close friends and family.
- Home where nobody is judging me.

When you are part of a group, what gives you a sense of belonging and connectedness?

- Inclusion in activities.
- Having the same culture as the people around me.
- Their energy or how they act toward me.
- People talking, laughing, interacting with what I say.
- Having a voice, having a say in what we do or how we go about things.
- When I feel happy with the people I'm with.
- When everyone gets to participate in the conversation and there's respect among people.
- When everyone's nice to each other and people cooperate.
- Late at night talking about deep things.

- Being at my ballet school.
- At a church event where I see lots of other young people going through the same things as me.

How do your friends help you be your best self?

- Giving me opportunities to express myself naturally.
- Being a good friend.
- They encourage my dreams and encourage me to do good things.
- Joking around: it's funny how similar we are, and it brings us together.
- Calling me on my BS, telling me what they don't like about what I'm doing.
- By helping me stay focused.
- They encourage me to try new things and be a better version of myself.
- They are supportive toward me, they don't harass or insult or embarrass or me, and they support my interests.
- Giving me honest opinions and advice when I ask.
- Giving me the freedom to explore aspects of my personality that I might not at home.