



Effective practices to increase relatedness in youth

- Provide emotionally supportive relationships particularly during the transition from elementary to secondary education
- Provide opportunities for youth to build attachment, intimacy, and shared interests with their peers
- Foster a sense of belonging in programs and broader organizational contexts
- Support parents to build strong attachment bonds with their children
- Provide opportunities for positive socialization with family and peers
- Sustain adult-youth relationships for at least 6 months, with frequent contact, involvement, and closeness
- Provide helpful, supportive, encouraging, dependable, and consistent mentor/advocate relationships with youth exiting care
- Provide opportunities to recognize the impacts of racism, to explore youth’s cultural community and identity
- Build youth-adult partnerships characterized by power-sharing
- Coordinate community efforts to increase connections across young people’s families, schools, and community programs

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Resources

[Youth Who Thrive \(full literature review\) \[PDF\]](#)

