

YOUTH CONNECTEDNESS - HELPING STUDENTS THRIVE

Niagara Region Public Health - School Health Team



Niagara  Region

AGENDA:

1. Reflection Activity
2. Introduction to Connectedness
3. Positive Impacts of Connectedness
4. Connectedness Tips
5. Conclusion



REFLECTION

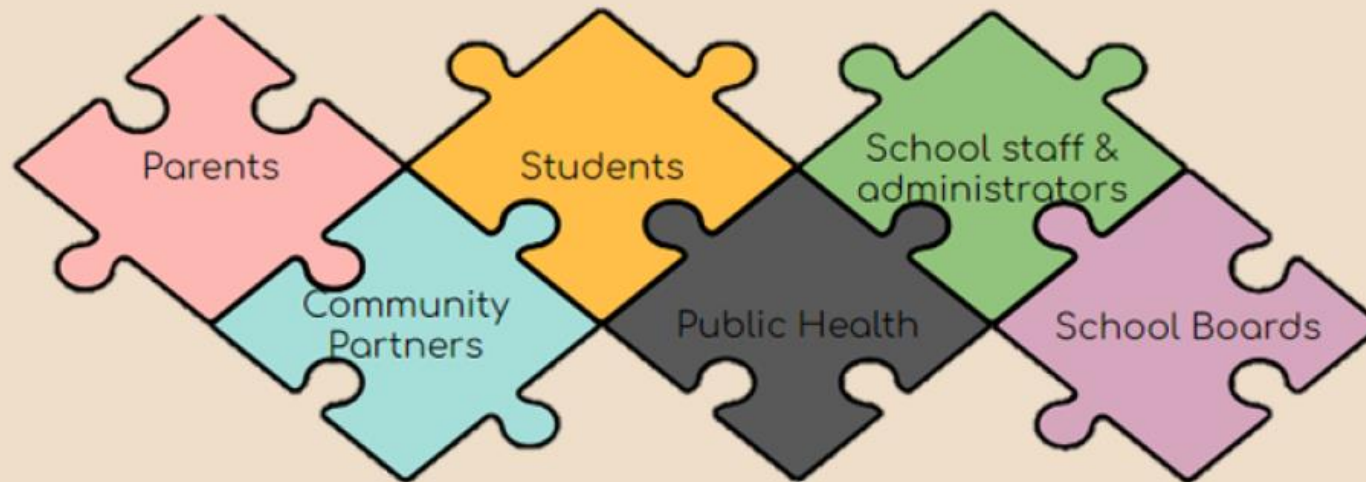




CONNECTEDNESS

Refers to a sense of closeness to others that is important to one's sense of belonging and is based on experiences of relationships with others. In the school setting, connectedness can support students in having meaningful relationships and positive feelings towards adults in their schools and neighbourhoods, with their parents or guardians at home, and/or with their peers (Human Early Learning Partnership, 2022).

SOCIAL CONNECTIONS INCLUDE



(University of Minnesota, 2023)

HOW ARE YOUTH FEELING?



24%

of students report that their relationships with their parents/guardians become 'a bit worse' or a 'lot worse' during the pandemic

39%

of students report that they 'rarely' or 'never' talk to a parent about their problems or feelings



14%

of students report that they wouldn't know who to approach at school if they needed help

(COMPASS, 2021) & (OSDUHS, 2021)

CONNECTEDNESS REDUCES RISK IN YOUTH:

Young people do best when they experience strong, positive relationships in all parts of their lives.

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- 
- Poor mental health issues
 - Experience violence
 - Engage in risky sexual behaviors
 - Use substances
 - Increased academic motivation
 - Increased social-emotional growth and learning
 - Increased sense of personal responsibility
 - Reduced engagement in a variety of high-risk behaviors.

(Centers for Disease Control and Prevention, 2023)

HOW DOES CONNECTEDNESS REDUCE RISK?

RESEARCH INSIGHTS

Youth with More Strong Relationships Exhibit More Social-Emotional Strengths



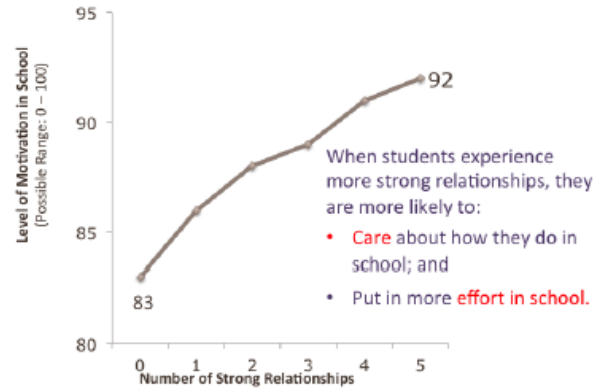
DATA SOURCE Search Institute surveys in 2016 of 25,395 students, grades 6 - 12, in one U.S. community. Students responded to one question about each element of this relationship.

Search INSTITUTE Visit www.searchinstitute.org/relationships

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RESEARCH INSIGHTS

Youth with More Strong Relationships Are More Motivated in School



DATA SOURCE Search Institute surveys in 2016 of 25,395 students, grades 6 - 12, in one U.S. community. Students responded to one question about each element of this relationship.

Search INSTITUTE Visit www.searchinstitute.org/relationships

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RESEARCH INSIGHTS

Youth with More Strong Relationships Are More likely to Exhibit Personal Responsibility



DATA SOURCE Search Institute surveys in 2016 of 25,395 students, grades 6 - 12, in one U.S. community. Students responded to one question about each element of this relationship.

Search INSTITUTE Visit www.searchinstitute.org/relationships

(Roehlkepartain, Pekel, Syvertsen, et al., 2017)

THE PARENT ROLE

IT'S ONE TO LOOK UP TO!



HOW CAN I PROMOTE CONNECTEDNESS WITH MY STUDENT?

5 CONNECTEDNESS TIPS:

1. Express Care
2. Challenge Growth
3. Provide Support
4. Share Power
5. Expand Possibilities

(SEARCH INSTITUTE, 2019)

EXPRESS CARE

- Pay attention
- Put down your phone
- Be intentional

(SEARCH INSTITUTE, 2019)



EXPRESSING CARE CAN LOOK LIKE...

- Asking follow-up questions
- Finding joy in their interests

(SEARCH INSTITUTE, 2019)

CHALLENGE GROWTH



- Promote striving for future goals
- Challenge youth to critically think
- Understands mistakes are part of the learning process
- Praise them for hard work

(SEARCH INSTITUTE, 2019)

CHALLENGING GROWTH CAN LOOK LIKE...

- Challenging young people to do hard things
- Helping young people find their own solutions
- Emphasizing the importance of doing their best
- Not comparing them to others

(SEARCH INSTITUTE, 2019)

PROVIDE SUPPORT

- Break down skills into smaller steps
- Shift levels of support as needed

(SEARCH INSTITUTE, 2019)

PROVIDING SUPPORT CAN LOOK LIKE...

- Helping young people when they encounter obstacles
- Showing youth how to ask for help

(SEARCH INSTITUTE, 2019)

SHARE POWER

- Let young people make decisions
- Help young people think through their options
- Learn from young people—and show it

(SEARCH INSTITUTE, 2019)

SHARING POWER CAN LOOK LIKE...

- Include your children in thinking about decisions
- Take time to understand each other's point of view

(SEARCH INSTITUTE, 2019)

EXPAND POSSIBILITIES

- Ask questions related to their interests
- Connect youth with people, places, ideas, cultures and new skills

(SEARCH INSTITUTE, 2019)

EXPANDING POSSIBILITIES CAN LOOK LIKE...

- Challenging youth to spend time with people who are different than them
- Trying new experiences

(SEARCH INSTITUTE, 2019)

QUESTIONS?

RELATIONSHIPS CHECK



Developmental Relationships Self-Assessment

I just completed Search Institute's Relationships Check to reflect on my relationships with young people during the...

search-institute.org



TRIPLE P

Our comprehensive positive parenting program helps you learn effective parenting strategies that can be tailored to your family. Throughout the program, you'll work with a Positive Parenting Provider to establish learning objectives and personal goals.

If you are interested in hosting a Triple P session in your school community reach out to your School Health Nurse or email healthyschools@niagararegion.ca



ON BEHALF OF THE SCHOOL HEALTH TEAM

THANK YOU!

For more information email healthyschools@niagararegion.ca



REFERENCES

- Developmental relationships help young people thrive. Search Institute. (2023). <https://info.searchinstitute.org/developmental-relationships-help-young-people-thrive>
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- Roehlkepartain, E. C., Pekel, K., Syvertsen, A. K., Sethi, J., Sullivan, T. K., & Scales, P. C. (2017). Relationships First: Creating Connections that Help Young People Thrive. Minneapolis, MN: Search Institute.