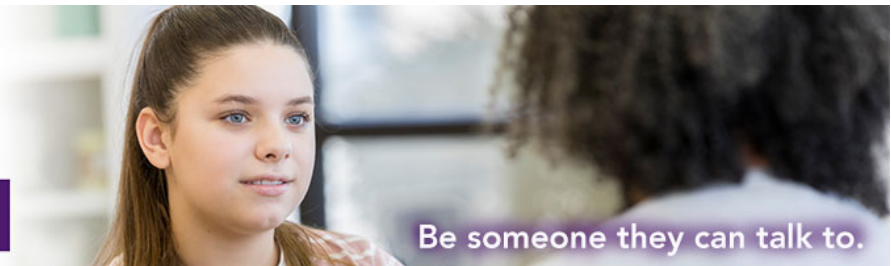


ASKABLE ADULT CAMPAIGN



Think of a time when you felt listened to. When someone allowed you space to wonder and figure things out and offered support when you needed it. Think of a person who accepts you for who you are without judgment. For children and youth, when these core elements are embedded in consistent connections with caring adults, [it really makes a difference](#).

[Research](#) tells us that the single most common factor for children who develop resilience to stress and adversity is having at least one stable relationship with a supportive parent, caregiver, or other adult ([Harvard Center for the Developing Child](#)). This is especially critical for young people working to develop a positive sense of self in a culture that often devalues them based on their identity, ability, background or status.

**Do children and youth really want to have relationships with adults?
The answer is yes!**

[In a recent survey](#), Vermont's children and youth identified an array of concerns that cause them stress in their everyday lives—including drug and alcohol use; poverty; sexism and harassment; body shaming and bullying; and homophobia and transphobia.

When asked what would help, young people said that the number one solution would be having more supportive and 'askable' adults in their lives.

Vermont children and youth say they want more informed, approachable adults they can turn to for help in navigating stress and challenges on a day-to-day basis. Youth want to talk about relationships, sexuality, struggles, and everyday things like navigating employment, and school.

When asked what they talk to their 'askable adults about', Youth's number one answer was 'life'.

The Vermont Network heard the voices of youth loud and clear. We are excited to introduce the [Askable Adult Campaign](#). For the next 12 weeks, we'll be offering posts on social media, stories from youth and information and resources to help adults listen better, connect more, and be more askable and supportive for the children and youth in their lives.

If you are interested in following along, join our email list [here](#). And, give us a follow on [Instagram](#) and [Facebook](#) to join the conversation happening there.

Thank you for being an askable adult for the children and youth in your life.



Amy Torchia
Children's Advocacy Coordinator
Vermont Network Against Domestic and Sexual Violence