

# ASKABLE ADULT CAMPAIGN



## Be Someone They Can Talk To

“We’re learning from each other, we’re going through this life and being in the same space every day, and you know—**it’s a connection.**”

When she spoke about being an askable adult last fall, Sarah could not have known how literally her words would apply to our world right now. Similarly, we could not have planned that this campaign would coincide with the coronavirus pandemic, but the onset of the crisis made this work feel more important than ever. Navigating the pandemic as families and communities has already opened new ways of being together that we hadn’t imagined before, with an emphasis on how to make our time together as high-quality as possible. Perhaps instead of “returning to normal”—the ever-accelerating pace of life—we’ll be freed up to follow gentler routines and feel supported to focus more on creating and nurturing our human connections. The internet, advertising, and morning talk shows are swarming with messages from all directions that lift up the building of strong relationships as critical to the continued well-being of all of us, including children and youth. Being an askable adult is the first step in that process.

As we reach the final week of this campaign, I’m feeling sad to see it end but I am excited about the prospects of this work moving forward. Thank you for being a part of our journey to becoming more askable for children and youth—we’ve been so inspired by those who have contributed their wisdom and voices. We’d love to hear about how you experienced the Askable Adult Campaign. Please take a few minutes to fill out our [community survey](#).

In this final blog, we’ll listen to Alex and Sarah’s story, consider finding support for ourselves, and explore personal actions that will let youth know that you are askable for them. **Please share this blog with your adult community and commit to building your askable adult skills by checking out the [askable adult webpage](#).**

## Learning From Each Other

Listen to our final youth/adult digital story [here](#) as Alex and Sarah share about learning from one another.

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Sarah reminds adults to be humble and remember that we don't have to have all the answers. She helps us recognize that our relationships with youth are a give and take and that we always learn from each other.

## Finding Support for Ourselves

"The best way to (be more askable) is to look inside and get to know the static that comes up for us. I often think the best thing we can do to show up for our kids is tend to ourselves, seeking support from friends, colleagues or professionals, especially when we have a hard time removing the static on our own."

~ Julia Chafets, LICSW, Montpelier

We have heard from children and youth that they want supportive, askable adults in their lives. But being a dependable adult for youth can be a tough job. It is hard to set aside our own "static" (worries and fears that come up for us) to create space for youth to learn and grow with us as their co-pilots. It's hard to admit that we don't have all the answers, and at the same time listen more than we talk. And, it's hard to do it alone. Adults who regularly support youth can benefit from getting encouragement from family, friends, colleagues, and professionals. Are you aware of your "static"? What does it look like? Who are your support champions? Do you reach out to them enough?

## Show Youth That You're Askable

Whatever your relationship to children and youth, all adults can become more askable by establishing trust, staying connected, communicating effectively, and being a resource for youth.

You can show your commitment by:

- Asking the young people in your life how you can be more askable for them.
  - Enhancing skills that will make you a more askable adult. Check out:
    - [The Askable Adult Toolkit](#)
    - [A checklist](#) from the Search Institute on Building Developmental Relationships during COVID-19.
    - [A family guide to physical distancing and family wellbeing during COVID-19](#) from Australian parenting website [raisingchildren.net.au](http://raisingchildren.net.au)
  - Getting more informed about the topics that are important to the youth in your life.
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- Putting an Askable Adult sticker on your water bottle and a postcard in your space to show youth that you are askable. To order, call The VT Network at (802) 223-1302.

## What Else Can You Do?

- Go to the [Askable Adults webpage](#) and sign up for our email list to see what's next.
- Bring the Askable Adult Campaign to other adults in your community by facilitating an [Askable Adult workshop or conversation](#).
- Continue to share Askable Adult Campaign materials with adults in your community.

## Tell Us What You Think!

We'd really love your feedback! Please take a few minutes to fill out our [community survey](#).

Learn more about the campaign at <http://www.vtnetwork.org/askableadult>. And, give us a follow on [Instagram](#) and [Facebook](#) to see what's next!



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

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