



OTA Foundational Training

Building Stronger Connections & Healthier Boundaries
with Young People

WWW.ONETRUSTEDADULT.COM

The Power of One Trusted Adult



Research shows that young people who can name a trusted adult inside their home and a trusted adult outside of their home are:

LESS LIKELY TO...

- Bully or be bullied
- Be suspended or expelled
- Participate in risky behavior
- Suffer from mental health issues
- Drop out of school
- Make decisions they later regret

MORE LIKELY TO...

- Have a strong sense of self-worth
- Remain calm in the face of challenges
- Set goals and complete tasks
- Show interest in new things
- Volunteer in their communities
- Be available for learning

Who was there for you?



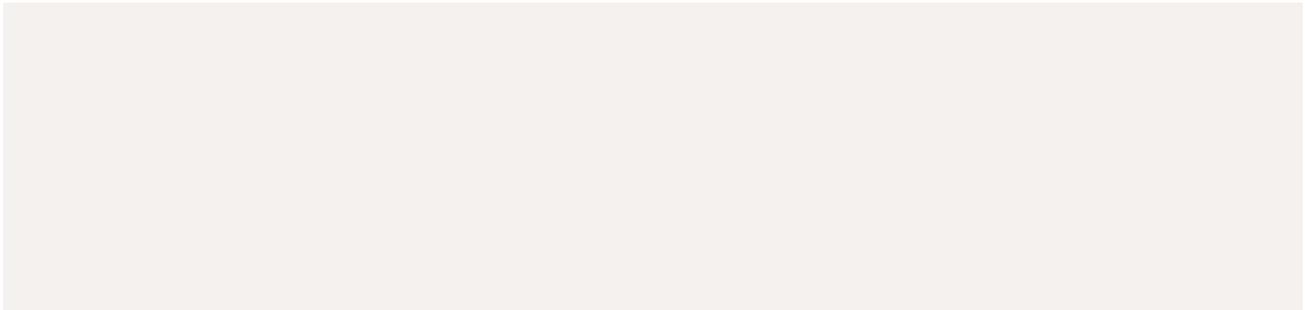
Who showed up for you as a trusted adult? How does/did your relationship with that person influence your role as a trusted adult today? If no adult showed up for you in this way, how does that impact your work with youth?

ACCESSIBLE

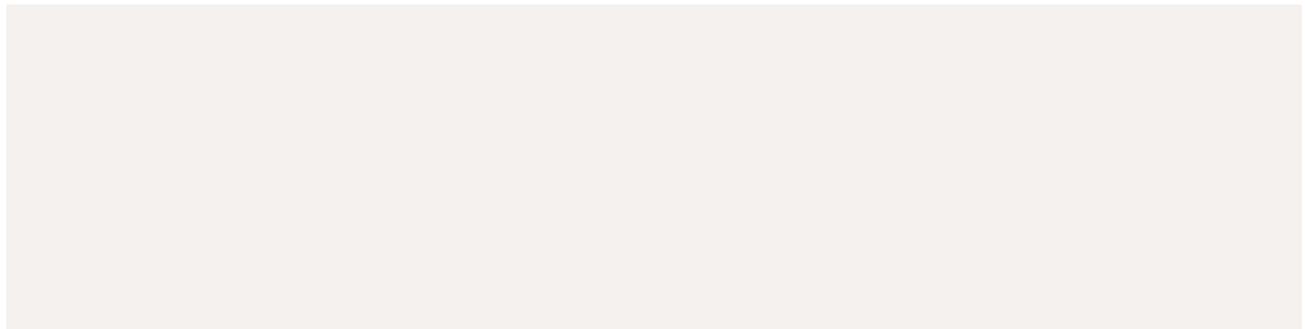
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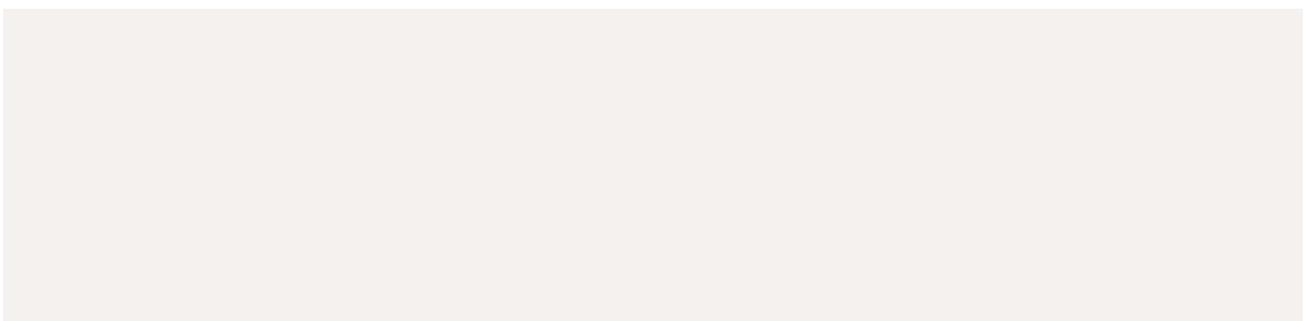
B Belonging—A feeling that you are known and valued by others in your daily life, by your group, team, and wider community.



A Ability to contribute—A feeling that your strengths, talents, and efforts are needed and that you have opportunities to offer them to your community.



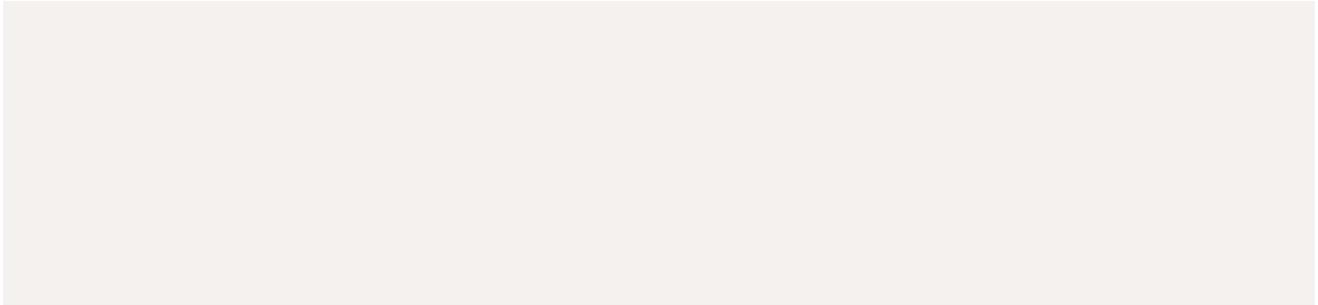
S Safety and structure—A sense that you are safe in the world and that daily events are somewhat routine and predictable.



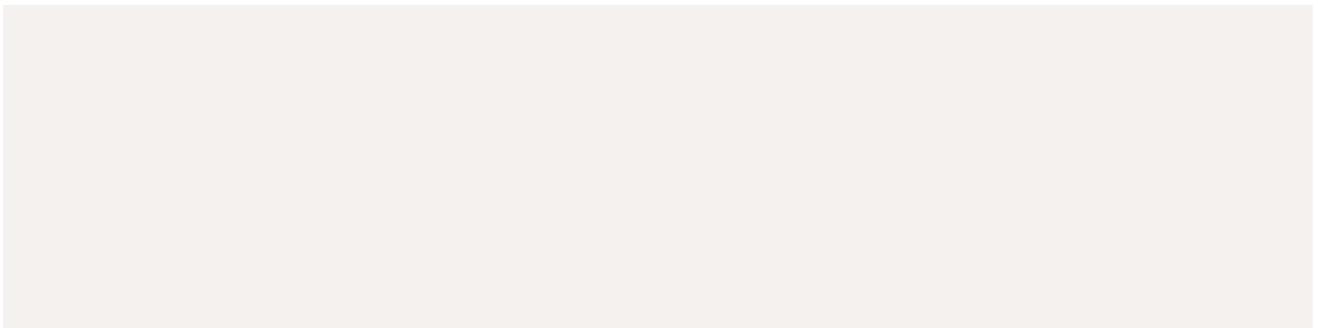
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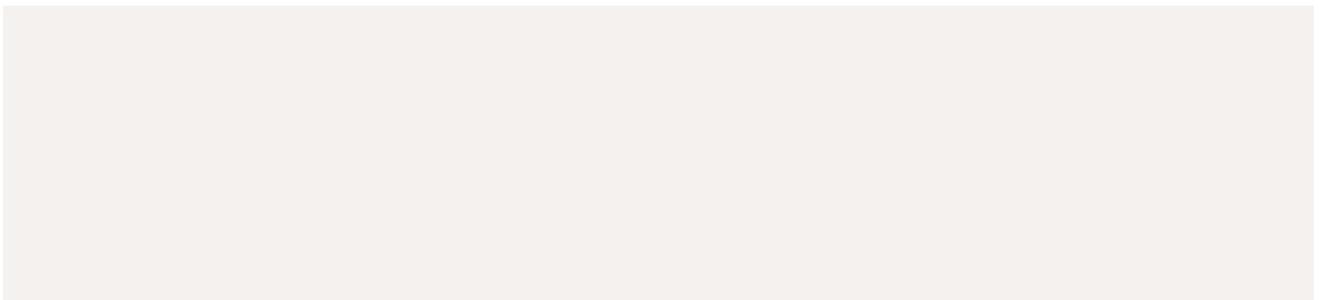
I Independence and control—A perception that you have some control over daily events and are accountable for your own actions and their consequences.



C Competence and mastery—A feeling that you are building skills that will be beneficial for your future self in your community.



S Self-awareness and connection—A sense of your own uniqueness and an understanding that you are an integral part of your family, cultural groups, school, and the wider world.



What is your WHY?



Do you know your WHY? If you do, that's great!

If you don't know your WHY, take this time to reflect. Why do you do what you do? Why do you continue to show up for young people? Why did you decide to go into teaching?

If the words aren't coming, think about specific students or moments—times when you knew you were having an impact and making a difference. Now, briefly name or describe your WHY below.

Additional Resource



Have you shared your WHY with young people? Download the “My Why” poster from our website, write your WHY, and post it wherever young people find you. Then share your WHY with pride!

BOUNDARIED

At OTA, we define Boundaries as *a declaration of expectations and an agreed-upon way to live and work together*. In any relationship, we must proactively set our expectations surrounding physical touch, intellectual exchange, emotional vulnerability, sharing, and time.

4-Part Framework for Sustainable Safeguarding



Brick Wall Boundaries concern the prevention of illegal acts, violations, and termination-warranted offenses. They are the basics of safeguarding, ethical standards, and codes of conduct. Brickwall boundaries are permanent, unwavering and non-negotiable.

Chain-Link Boundaries are an added layer of responsibility and obligation for adults in professional and formal volunteer roles with other people's children. Chain-Link fence boundaries may differ from setting to setting, and must be discussed and revisited often.

Baby Gate Boundaries are the contextual agreements between people that rely on setting, culture, space and time. Baby Gate boundaries can adjust as relationships change.

Invisible Fence Boundaries are not seen or spoken, but they are silently agreed-upon norms that impact how people behave and relate in a group setting. Invisible Fence boundaries are created by what a community mandates, tolerates, evaluates, and celebrates.

Reflection

Do you have an opportunity (either individually or as a community) to establish or reinforce boundaries in the spaces you oversee and in your relationships with young people?

What is the best advice you have ever received about setting healthy and appropriate boundaries with youth?

Additional Resource

Boundaries depend on your awareness of self and surroundings, overall wellness, and your willingness to receive feedback and talk about limits of care. Complete the Personal Boundary Check to assess your susceptibility to burnout and boundary blur. Discuss with a trusted colleague and make an action plan for taking care of yourselves each other.



Personal Boundary Check



Reflect on each area below, and use a scale of 0-10 to rate yourself:

0 = This is a challenge for you. You dedicate little to no time and energy to this area of your life.

10 = This is an area of strength for you. You dedicate time and energy to this area of your life.

- Physical health and sleep**
You are committed to moving, exercising, and getting 8-10 hours of sleep each night.
- Listening skills**
You listen for understanding rather than for responding.
- Communication skills**
You are able to say "no" without discomfort and are clear and direct about your needs.
- Workplace connections**
You feel connected in a supportive workplace community that prioritizes healthy boundaries.
- Family, friendship, and social connections**
You have a supportive network of healthy influences outside of work.
- Self- awareness**
You make time for self-reflection and are in tune with your needs, feelings, and motives.
- Support of community leaders**
You feel trusted and backed by those in leadership roles in your organization.
- Emotional health**
You acknowledge your feelings and are able to cope and adapt in stressful situations.
- Openness to receiving feedback**
You are available and eager to receive feedback from respected colleagues about your interactions with others.
- Boundary modeling**
You are surrounded by positive models of healthy and appropriate boundary setting.

TOTAL

Add up all the numbers.

What does the Personal Boundary Check teach you about your susceptibility to burnout and boundary blurs?



75-100 Green

Keep up the good work! You have little risk of burnout and boundary blurs. Your personal boundary check indicates you have many sources of strength that can combat boundary blurs and burnout. Keep up the good work, and hold others accountable for doing the same.



50-74 Yellow/Green

Awareness is power! You have some weak areas that may contribute to burnout and boundary blurs. Now that you have an increased awareness of these challenges, set an achievable goal to improve. Shifting your focus and attention to weaker areas can go a long way. Reflect on your “why” and remind yourself of your intentions in your work—make this affirmation visible somewhere in your space.



25-49 Orange

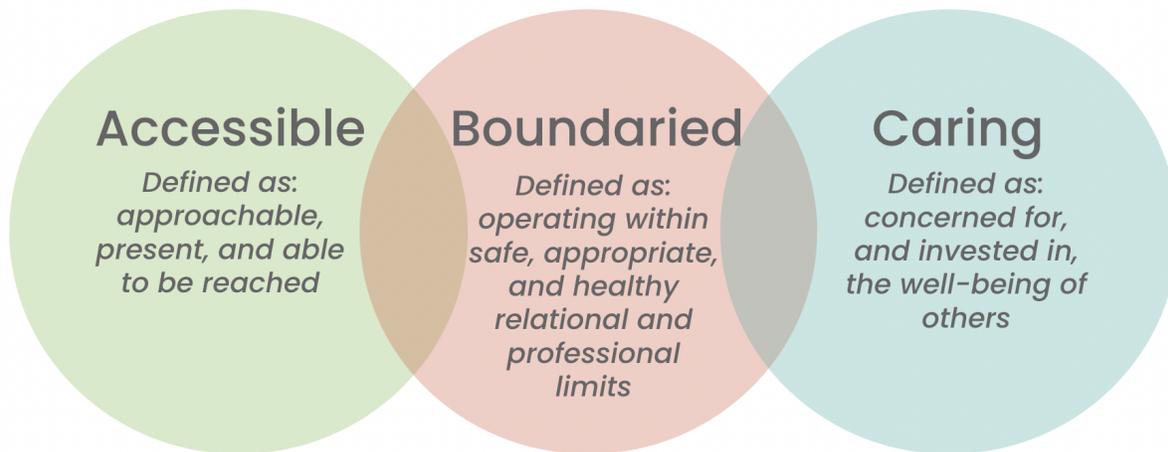
Proceed with caution! You are at increased risk of burnout and boundary blurs. Assess each area and ask, what is in my control? What is out of my control? Shift focus to areas of improvement that are within your control. Look to models of healthy and appropriate boundaries in your setting—what are others doing that you might be overlooking? Better yet—invite them to observe you: what kind of feedback do they have for building and maintaining boundaries?



0-24 Red

Stop, look, and lean! You are at significant risk of burnout and boundary blurs. Reflect on the areas that you have control over and set small, achievable goals toward improvement in one or more of these areas. Review OTA’s Boundary resources. Lean on others for support. Consider talking to a trusted colleague or friend, and think about enrolling in coaching or counseling.

CRITICAL QUALITIES OF TRUST



FEEDBACK FOR OUR TEAM

Thank you for joining us on this mission of ensuring that every young person can name at least one trusted adult!

Please consider taking a few minutes to provide our team with your feedback by scanning the QR code:



Have more questions?

Reach out to the OTA team at info@onetrustedadult.com.

Additional Resources:

www.onetrustedadult.com