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AMP's Top Ten Tips for Engaging with Young People

Research and Training Center for Pathways to Positive Futures, Portland State University

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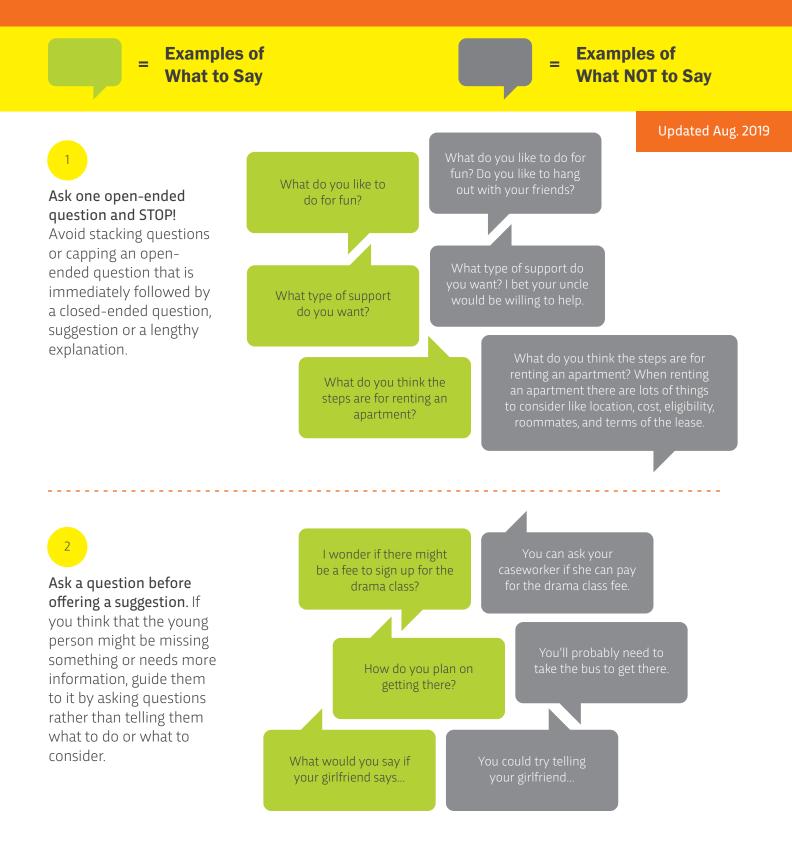
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AMP's Top Ten Tips for Engaging with Young People







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Follow up with a question or reflection any time a young person says something that seems particularly important, meaningful, or personal; or takes a risk, or mentions something more than once.

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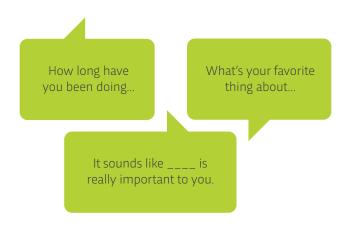
It sounds like you really enjoy drawing.

It seems like getting your nose pierced is something you have been thinking about doing for a while. So what I am hearing you say is that you don't like your new school because it has been hard to make new friends.

I could imagine that snowboarding is both fun and scary.

4

Keep it conversational. When you are doing a worksheet or a structured piece of curriculum with a young person try to make it more conversational by using reflections; follow up questions; and positive body language, like nodding your head, to show that you are genuinely interested in what they are talking about. Sometimes it's okay to "just go with it" if you and the youth get off track; this can build rapport. You can always gently redirect them by using a reflection or open-ended question.



That's awesome that you reworked your paper and Make sure the praise is were able to bring your grade purposeful when you give up from a C to an A. the young person praise or highlight one of their strengths. Try to avoid only It takes a lot of courage to giving one word responses like walk into a party where "awesome," "nice," or "cool." I thought you did an you don't know anyone. excellent job sharing your activity with the team.

https://www.pathwaysrtc.pdx.edu/proj5-amp-plus

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6

Congratulate the young person every step of the way to achieving their goals. The smaller steps are just as important, so make sure to acknowledge and celebrate those, too.

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Wow, that's great that you got into the massage therapy program. I know you spent a lot of time researching the program and putting together your application.

Nice job drafting your plan. I know you put a lot of effort into this. Thanks for all of your hard work today.

That's great that you made some progress on your activity over the weekend.

7

Highlight all of the goals, ideas, strengths, and activities that the young person comes up with. Avoid showing preference for the things that you agree with or feel like the young person should be working towards. I think out of all the ideas that you came up with, it makes the most sense for you to focus on getting a part-time job since that is something your mom really wants you to do.
You have brainstormed a lot of great ideas for potential next steps.
I like that idea. You should do that.

8

Prompt the young person to think about the support they might want to do something. This is especially important when the young person is planning on doing a difficult task or trying something new. Make sure that the young person is the one deciding on who they want to support them and how they would like to be supported.







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