



# Attend a Youth Café!



The Youth Café model is a research-based and nationally recognized framework designed to empower you to engage in discussions with other youth about how to build resiliency through Protective Factors. Youth Cafés adhere to six Guiding Premises that lay the foundation for the Cafés and provide a safe, welcoming and inviting environment for you to build connections through conversations and develop relationships to help you thrive.

Youth Cafés help increase your confidence, resilience and allows you a space to apply Protective Factors. Youth Cafés also provide you an opportunity to build relationships with others. Protective Factors reduce the impact of adversity, help you stay strong and increase your well-being. The Café conversation questions are centered around the Protective Factors and include:



**Social Connections:** Having healthy, sustained relationships with people, the community and a force greater than oneself that promote a sense of trust, belonging and feeling that they matter.



**Concrete Support:** Having an understanding of the importance of asking for help and advocating for oneself; receiving quality services designed to preserve youth's dignity; providing opportunities for skill development; and promoting healthy development.



**Knowledge of Adolescent Development:** Having an understanding of one's behavior and stage of maturity both physically and mentally. Having understanding of brain development and the impact trauma can have on the developing brain.



**Cognitive and Social-Emotional Competency:** Having acquiring skills and attitudes that are essential for forming an independent identity and having a productive, responsible and satisfying adulthood.



**Resilience:** Having skills to managing stress and functioning well when faced with stressors, challenges or adversity. The outcome is personal growth and positive change.

## Youth Café Information

- Refreshments or a meal is provided
- Fun atmosphere
- Learn more about the Protective Factors
- Connect with your peers
- Have conversations around Protective Factors
- Youth Café timeline is one to two hours