



# SURFACE TO SOUL

Live Well | Lead Well | Coach Well

## 20 Ways to Befriend Young People

*Deepen your connection with young people by doing one or more of the following activities with them. Intentionally connect with your child, a neighbor, a relative, or someone from your faith community.*

1. **Learn** . . . their names, where they go to school, and their birthdays.
2. **Remember** . . . their favorite sports, hobbies, TV shows, musicians, and memories.
3. **Ask** . . . about their interests, hobbies, classes, friends, and faith.
4. **Play** . . . board games, sports, cards, and video games with them.
5. **Read** . . . Bible stories, novels, comic books, and magazines with them.
6. **Notice** . . . their moods, attitudes, longings, and what energizes them.
7. **Watch** . . . TV shows, movies, sports games, plays, and concerts with them.
8. **Listen** . . . to their music, their hopes, their dreams, their joys, and their frustrations.
9. **Share with them** . . . your background, interests, faith, and turning points in life.
10. **Send** . . . notes, birthday cards, Christmas cards, and "Thinking of You" cards.
11. **Discuss** . . . books, sports, politics, TV shows, current events, and faith with them.
12. **Text them** . . . Bible verses, jokes, prayers, happenings, quotes, and questions.
13. **Feed them** . . . pizza, hot dogs, tacos, smoothies, steak, and fresh fruit.
14. **Give them** . . . a space, a voice, your time, and your full attention.
15. **Contribute** . . . to their causes and collections.
16. **Point out** . . . their gifts, talents, positive behaviors, and potential.
17. **Catch them** . . . being kind, thoughtful, and doing something significant.
18. **Hide** . . . surprises for them to find.
19. **Celebrate** . . . their accomplishments, honors, birthdays, and their uniqueness.
20. **Be** . . . authentic, available, and affirming by doing all of the previous items.



jladoux@vibrantfaith.org



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