

Become the Adult They Can Trust

For Safer Relationships With Youth

This community-rooted training equips parents, caregivers, and adults working with youth to build trust, interrupt harm, and raise the next generation of changemakers.

Scan the QR code to sign up or learn more



Who Should Attend

- Parents & caregivers
- Teachers & school staff
- Mentors & coaches
- Faith & community leaders

Parent Tips to B.U.I.L.D.I.N.G. Stronger Bonds

- Listen without fixing. Sometimes they just need you to hear.
- Use validating phrases:
 - “That sounds really hard.”
 - “Thank you for telling me.”
- Let them take the wheel.
- Support their choices with safety.
- Talk about safety, love, and respect — often.
- Don’t dismiss small things. They’re big to your teen.
- Create a JOAN-free zone. (No Judgment, Opinion, Advice, or Negativity — just listening.)

B.U.I.L.D.I.N.G. means:

- **B**e Present – Put down the phone. Lean in. Be emotionally available.
- **U**plift Youth Voice – Ask, don’t assume. Let them speak and lead.
- **I**nspire Trust – Follow through. Respect their privacy.
- **L**ead with Empathy – Feel with them, not for them.
- **D**ismantle Cycles of Harm – Heal what you’ve inherited.
- **I**nterrupt Violence – Speak up. Step in. Stay calm.
- **N**urture Connection – Small moments make big impact.
- **G**row Community Advocates – Be the adult who builds other adults up.

Date: TBD and Location: Long Beach, CA