

## REACH / Strengthen Developmental Relationships

ELEMENTS	ACTIONS	DEFINITIONS
<p>1. Express Care (show me that I matter to you)</p>	<ul style="list-style-type: none"> <li>• Be dependable</li> <li>• Listen</li> <li>• Believe in me</li> <li>• Be warm</li> <li>• Encourage me</li> </ul>	<p>Be someone I can trust. Really pay attention when we are together. Make me feel known and valued. Show me you enjoy being with me. Praise me for my efforts and achievements.</p>
<p>2. Challenge Growth (Push me to keep getting better)</p>	<ul style="list-style-type: none"> <li>• Expect my best</li> <li>• Stretch</li> <li>• Hold me accountable</li> <li>• Reflect on failures</li> </ul>	<p>Expect me to live up to my potential. Push me to go further. Insists that I take responsibility for my actions. Help me learn from mistakes and setbacks.</p>
<p>3. Provide Support (Help me complete tasks and achieve goals)</p>	<ul style="list-style-type: none"> <li>• Navigate</li> <li>• Empower</li> <li>• Advocate</li> <li>• Set Boundaries</li> </ul>	<p>Guide me through hard situations and systems. Build my confidence to take charge of my life. Defend me when I need it. Put in place limits that keep me on track.</p>
<p>4. Share power (Treat me with respect and give me a say)</p>	<ul style="list-style-type: none"> <li>• Respect me</li> <li>• Include me</li> <li>• Collaborate</li> <li>• Let me lead</li> </ul>	<p>Take me seriously and treat me fairly. Involve me in decisions that affect me. Work with me to solve problems and reach goals. Create opportunities for me to take action and lead.</p>
<p>5. Expand Possibilities (Connect me with people and places that broaden my world)</p>	<ul style="list-style-type: none"> <li>• Inspire</li> <li>• Broaden Horizons</li> <li>• Connect</li> </ul>	<p>Inspire me to see possibilities for my future. Expose me to new ideas, experiences and places. Introduce me to people and opportunities to help me grow.</p>

## Brainstorming Ways to Build Better Relationships

Use this worksheet to brainstorm things you could do to strengthen relationships in the element of the Developmental Relationships Framework that you selected for growth.

	<b>ACTIONS</b>	<b>INFORMAL INTERACTIONS</b>	<b>CLASSROOM PRACTICES</b>	<b>OTHER APPROACHES</b>
<b>Express Care</b>	<ul style="list-style-type: none"> <li>• Be dependable</li> <li>• Listen</li> <li>• Believe in me</li> <li>• Be warm</li> <li>• Encourage me</li> </ul>			
<b>Challenge Growth</b>	<ul style="list-style-type: none"> <li>• Expect my best</li> <li>• Stretch</li> <li>• Hold me accountable</li> <li>• Reflect on failures</li> </ul>			
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