

Quick Tips for Youth Friendly Meetings

1. Prepare and debrief the meetings
2. Meet in friendly locations (park, restaurant,their home)
3. Bring fidgets (i.e. kinetic sand, playdough, rubik's cube, paper and pens)
4. Start off the meeting with an ice breaker game (if the youth is comfortable with the idea have them facilitate the game)
5. Play one of the youth's favorite songs at the beginning of the meeting
6. Bring snacks or a small treat
7. Celebrate successes
8. Keep meetings to an hour or less
9. Check in with the youth throughout the meeting to make sure they are in agreement with what is being discussed
10. Always keep the youth's perspective in mind
11. Keep in mind that not all youth have the same comprehension level as the rest of their team members
12. Make sure the youth has a natural support of their choice present at the meeting
13. Have a communication system in place if the youth needs to take a break during the meeting
14. Delegate a youth leadership task at each meeting so that they know they're an equal contributor to the team
15. Make sure meetings are scheduled at youth-friendly times (not during school or when public transportation is out of operation)
16. Encourage youth to speak up and be apart of the brainstorming process