

## 2 Main Takeaways:

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|--|---|
| 1. The Teen Mental Health Crisis is Real | Depression & Anxiety are surging; suicide is 2 <sup>nd</sup> leading cause of death in ages 10-24 |
| 2. The YL Model Works                    | Quality Relationships offer the most healing properties to all mental health disorders            |

## What is contributing to the decline in teen mental health?

|                            |  |
|----------------------------|--|
| <i>Overwhelmed</i>         | grades, responsibilities, food/ housing scarcity               |
| <i>Overexposed</i>         | pornography, social media, news                                |
| <i>Lack of Connection</i>  | smart phones, gaming, virtual vs IRL                           |
| <i>Hopelessness</i>        | Who am I and why am I here?                                    |
| <i>Low Self Confidence</i> | teens have low confidence that they can do things on their own |

# Why Relationships Matter:

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The two main developmental jobs of teens: forming **independence** and **identity**. Teens naturally pull away from parents and move towards their peers.

- However, in today's world they still feel isolated, alone, and ill-equipped.
  - They need someone other than parents and friends to come alongside them, share the good news with them, and encourage them.
  - They need healthy relationships. Healthy Relationships are healing and therapeutic.
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## Essential Leader Qualities for Healthy Relationships:

| Be Safe                                      | Be Consistent | Be Kind                    | Be Authentic                                       |
|--|---------------|----------------------------|--|
| Be Considerate: treat teens like they matter | Be Joyful     | Model Christ-like behavior | Show Love, extend Grace, provide Peace, offer Hope |

## Do's & Don'ts

|                                    |   |
|------------------------------------|---|
| DO be yourself                     | DON'T try to be cool                                |
| DO take a genuine interest in them | DON'T try to solve their problems                   |
| DO be curious                      | DON'T judge   |
| DO be a good listener              | DON'T panic/freak out if they share something heavy |
| DO empathize                       |   |

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