Principles

These principles offer ideas that can help us foster and strengthen positive connections with others.

Judgment: Recognize and suspend assumptions and judgments. Preconceived ideas, fears and bias can make it difficult to connect in a genuine way.

Culture: Open ourselves with curiosity and appreciation to each person’s life experience and sense of identity, as well as generational differences. We can then more easily learn, act and connect from a place of acceptance and generosity with all people.

Powerlessness: Consider that expressions of anger, fear and intimidation often arise out of a sense of feeling inadequate and powerless.

Appreciation and Compassion: When we make an effort to understand each other’s ideas, feelings and experiences, we increase the possibility of developing authentic connections.

Respect: Be genuine and show respect in all interactions to further build respect and relationships, strengthening everyone’s feeling of being valued.

Listen: Listen without judgment. Give full attention to the other person. Be curious and interested in their perspective. Allow them the experience of really being heard.

Environment: Recognize the impact we each have on the spaces we share throughout our day in how we choose to show up.

Seize the Moment! In any given moment we have opportunity to make remarkable and profound connections with others – when we are intentional and choose to do so.

There are ways to connect. Keep it simple, be intentional.

*The BE and DO ideas came from local teens.

*The Healthy Teen Initiative (HTI) is funded by the U.S. Office of Health and Human Services, Administration for Children and Families, Title V State Abstinence Education Program. The funds are allocated to Saint Paul – Ramsey County Public Health through the Minnesota Department of Health. Grit Youngquist is the HTI Coordinator. For more information: grit.youngquist@co.ramsey.mn.us or 651-266-2407.