

What Does Trust Mean to You? Building Strong Relationships with RULER

Video 3

Activity Summary: This activity helps staff consider what trust looks like and how to build trust with youth.

Time: 10 minutes or less (includes viewing the video)

Materials

- Paper and writing utensil (optional)

Facilitator Directions

1. Say, *“Trust is hard to describe, but it’s something that many of us seek within our relationships. Trust can look like many things! There are examples of trust all around us. Maybe trust is a friend always keeping conversations confidential or a colleague always doing what they say they will do.”*
2. Use the following questions to help staff think about what trust means to them and how, specifically, it’s built into relationships. Staff can jot down their responses on a piece of paper or share with the whole group, small group, or in pairs.
 - What does it mean to trust someone?
 - How do you know you can trust someone?
 - How can you build trust?
 - What causes distrust?
 - How does the level of trust between the adults in our program impact our students?
3. Debrief the process.
 - What did the group learn about trust?
 - Are there takeaways that the group should keep in mind?
4. Discuss the process of building trust with students.
 - How can we build trust with the youth in our program?