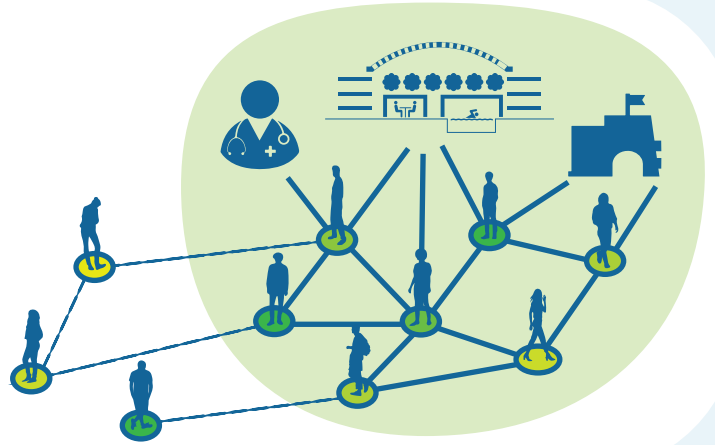


# YOUTH & THEIR MEANINGFUL CONNECTIONS

**3/10** youth  
do not feel any  
meaningful connection with  
or support from an adult.



## What is meaningful connectedness?



It's about the **QUALITY** of relationships, not the number of connections.

It's being able to express ourselves without fear of judgement and to be **AUTHENTIC** in our relationships.



It means accepting **ALL** aspects of another person, and having them accept **ALL** aspects of you.

It can be found in **MANY** types of relationships: it isn't limited to friends, family, or romantic partners.



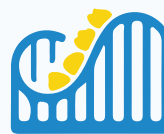
It means engaging with others with the sole aim of forming a **GENUINE** connection, with no other motives.

## Why does it matter?



Fulfills the essential human psychological need for **RELATEDNESS**.

It's good for **PHYSICAL HEALTH** and **MENTAL HEALTH**.



Improves the **POSITIVE** moments in one's lives and **HELPS** us make it through the difficult ones.

Fosters **MOTIVATION**, and brings greater **FULFILMENT** in various areas of our lives.



It helps feel more **SECURE** and **CONFIDENT**, no matter the circumstances.

CREATED BY:



University  
of Victoria

Centre for  
Youth & Society

FOR:

THE  
**Village**  
INITIATIVE  
Helping children, youth and families thrive

# HOW CAN ADULTS BUILD MORE MEANINGFUL CONNECTIONS WITH YOUTH?



## RESOURCES:

For the list of references that were used to create this infographic, visit the following website or use the QR code: <https://oac.uvic.ca/connectedness/>. The website also includes suggestions on how adults can help foster meaningful connectedness for youth.

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## REFERENCES:

