



Becoming an “Askable Adult”

APRIL

25th

2024

The single most common factor for children who develop resilience to stress and adversity is having at least one stable relationship with a supportive parent, caregiver, or other trusted adult. The Askable Adult Campaign aims to increase, motivate, equip, and nurture more askable and supportive adults for youth. In this training, participants will:

- Increase understanding of what makes an adult “askable.”
 - Build skills to
 - Build trusting and affirming relationships.
 - Commit to consistent connections.
 - Commit to caring communication.
 - Be a curious co-pilot.

 **REGISTER HERE**

If you have questions, please contact KellyMarie Meek
(prevention@iowacasa.org)