

July 2025 Webinar

Exploring the Importance of a Trusted Adult

Presenter:

Kelley Luckett

YMCA of Greater Louisville

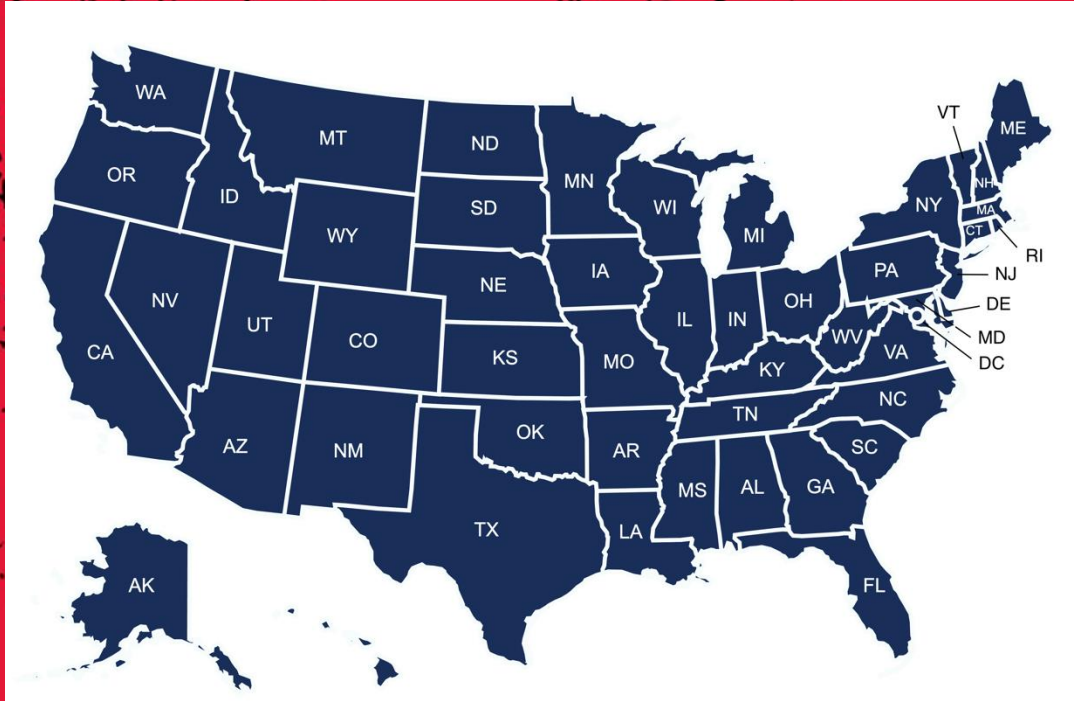
Technical Questions

1. If you cannot hear this presentation, please exit the webinar and opt to call in on your phone, as this can solve most audio problems.
2. Locate the “hand” on your GoToWebinar control panel to indicate if you are new to Dibble webinars.
3. You will find **handouts** and the **questions box** located in your control panel.

Charlie and Helen Dibble



2023-2024 Clients
served approximately 114,890 youth



The Dibble Institute
Relationship Skills for Teens and Young Adults

The Dibble Institute is
a national,
independent non-
profit organization.

Our Mission

Empowering youth and young adults with skills to build and sustain healthy interpersonal and romantic relationships.



We believe in research.



We believe in stable, safe, and nurturing families.



We believe that relationship education is for everyone.





Exploring the Importance of a TRUSTED ADULT



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kelley Luckett

Senior Director of Community Integrated Health
YMCA of Greater Louisville

- Background in art therapy and trauma
- Love Notes since 2021
- TPPGrant & SRAGrant
- Training Specialist with Dibble



Objectives

1

Identify the key qualities and behaviors of a trusted adult.

2

Understand the importance and impact of a trusted adult.

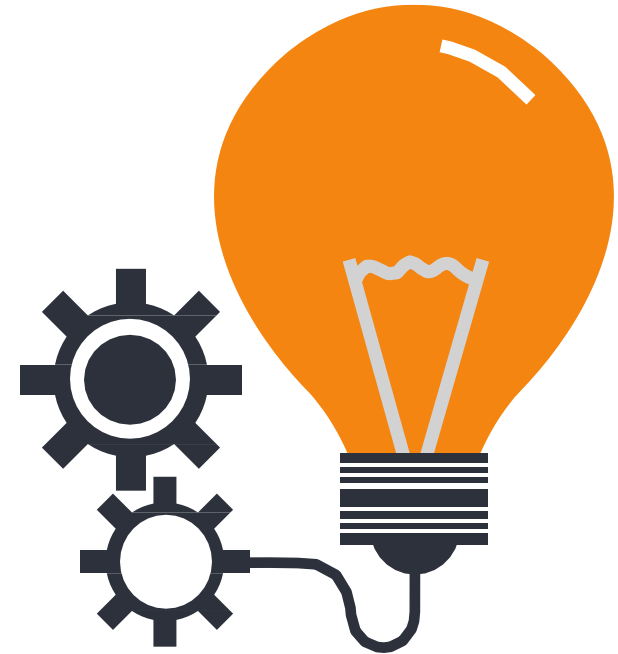
3

Recognize barriers youth have to identifying a trusted adult.

How Charged is Your Battery?



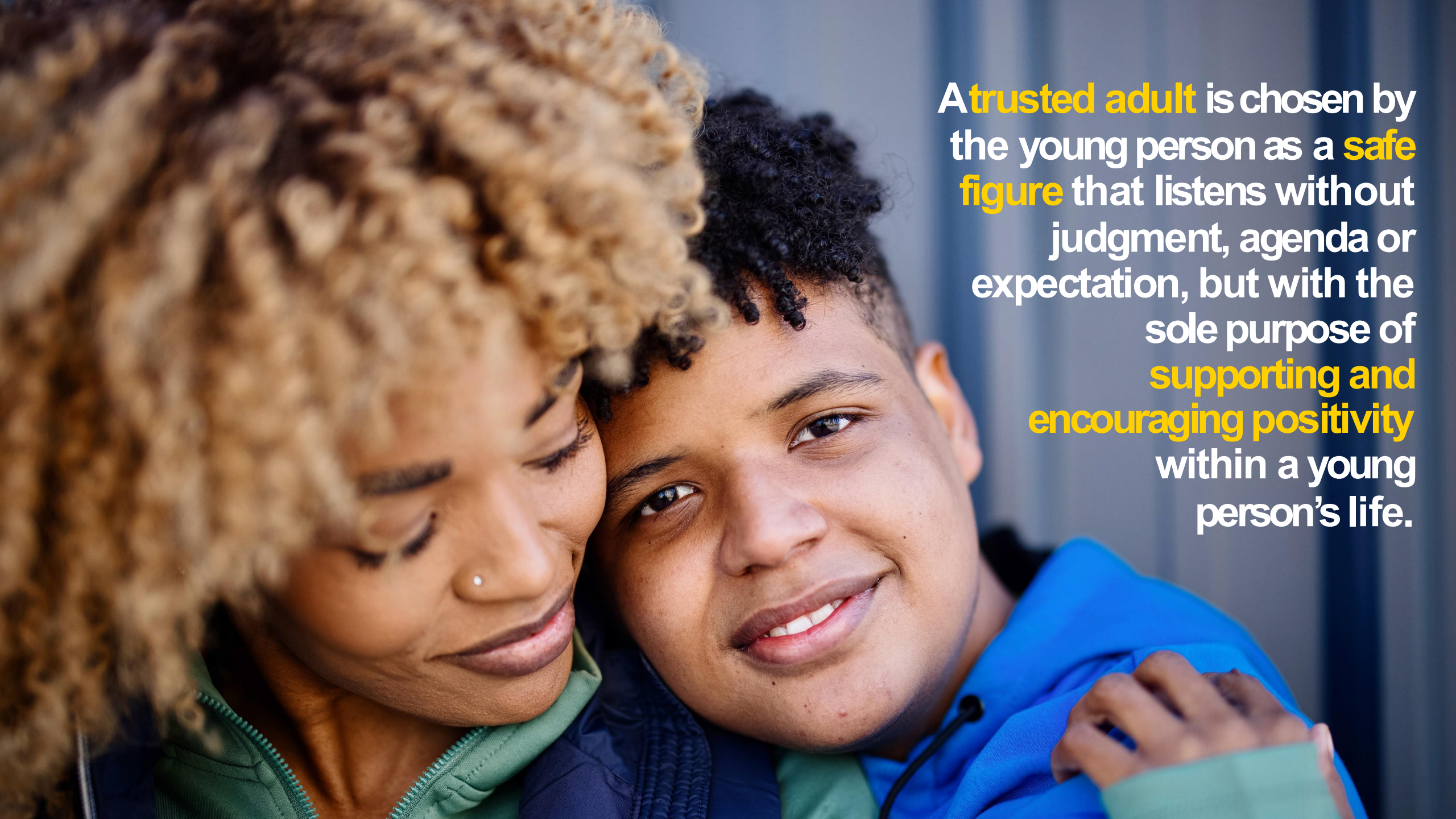
Who was a trusted adult or
mentor to you as a youth?
What qualities did they have?





What is a Trusted Adult?

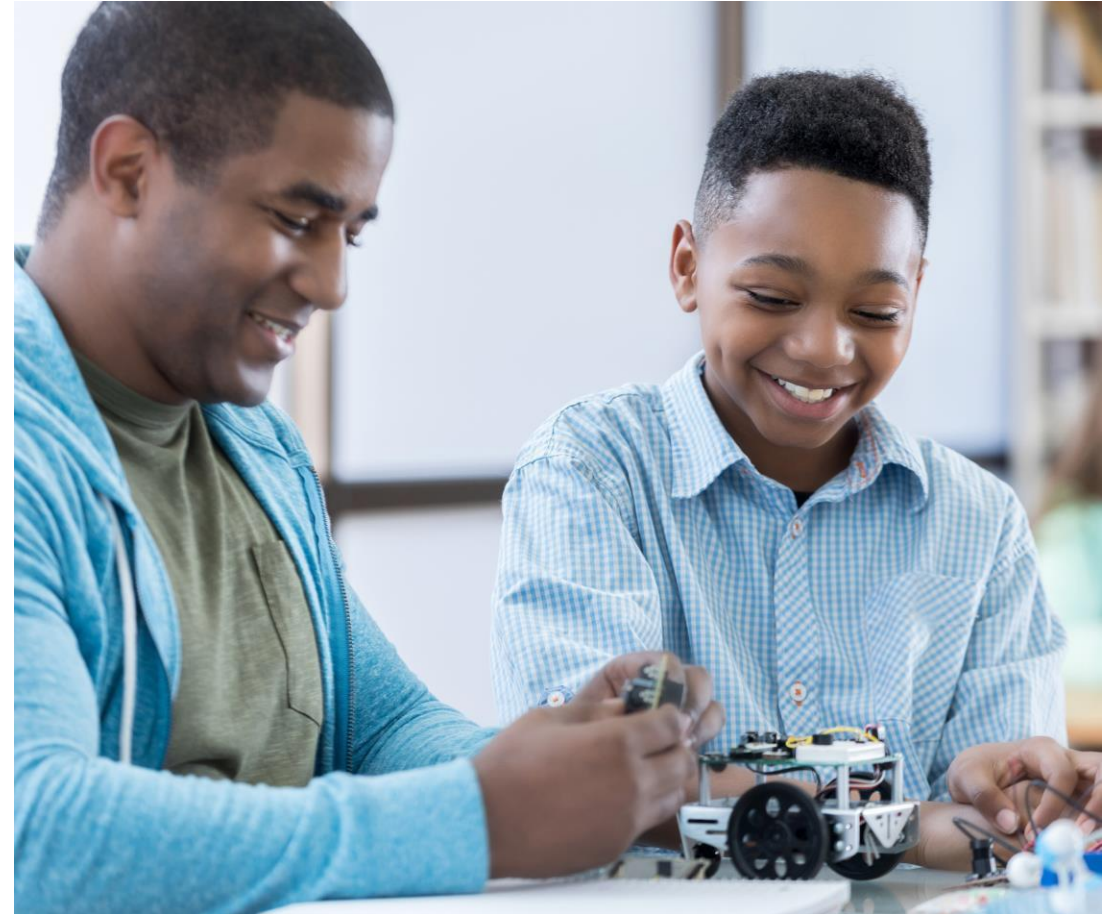
BE WHO YOU
NEEDED



A **trusted adult** is chosen by the young person as a **safe figure** that listens without judgment, agenda or expectation, but with the sole purpose of **supporting and encouraging positivity** within a young person's life.

Who and Where Are Trusted Adults

Trusted adults are not adults who have been assigned to young people through a formal program, but instead are **adults who young people have independently chosen to trust.**



What Youth Say Makes Someone Their “Trusted Adult”



- Someone who “talks, not tells
- Someone who offers support and encouragement
- Someone who is a role model





ABC's of a Trusted Adult

Accessible

available, fully present, and shows interest

Boundaried

respects your space, opinion, and voice

Caring

interested and invested in your well-being and goals

Key Characteristics



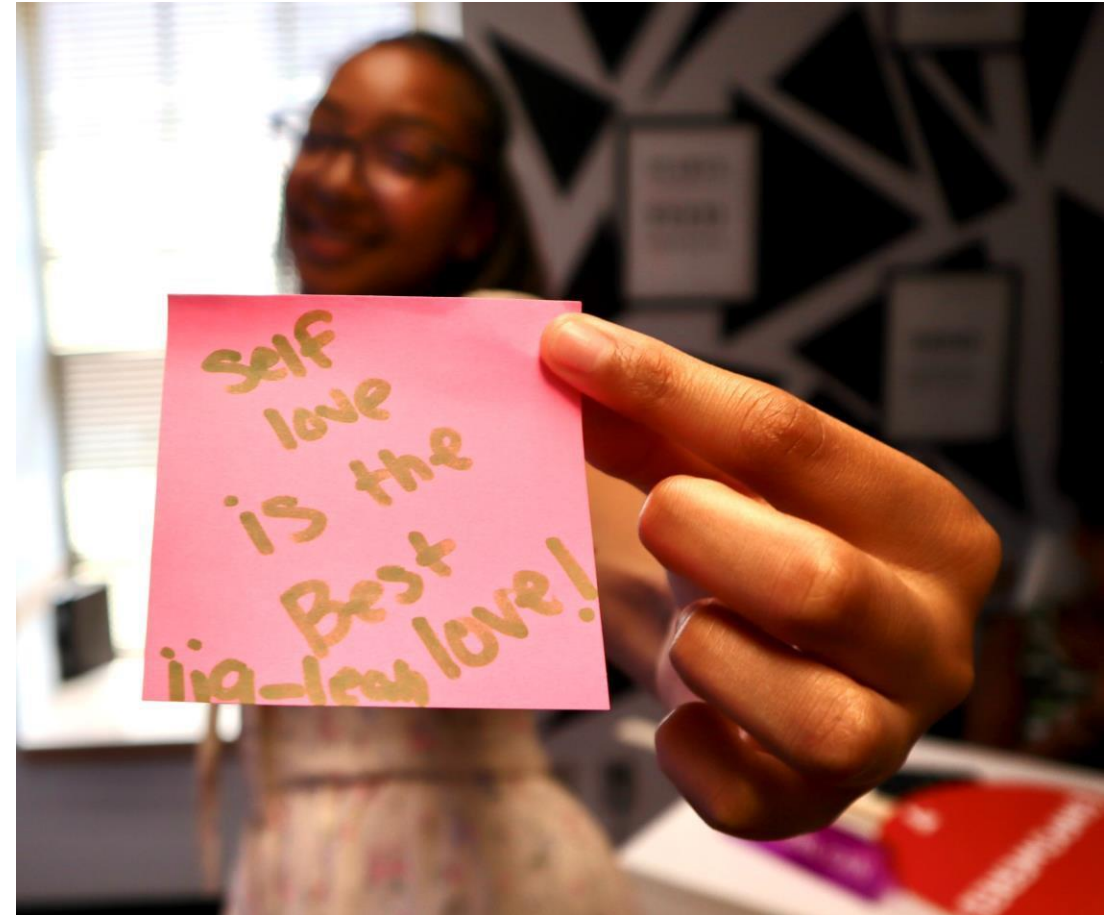
- Active Listening
- Empathy & Compassion
- Honesty & Vulnerability
- Consistency & Reliability
- Confidentiality (& Limits of)
- Respect & Non-judgement



Importance of Trusted Adults

Factors of Resiliency

1. **Presence of a loving supportive adult**
2. Positive self-perception
3. Self-regulation skills
4. Connection to faith and culture
5. Parenting competencies
6. Parent's wellbeing
7. Positive school environment

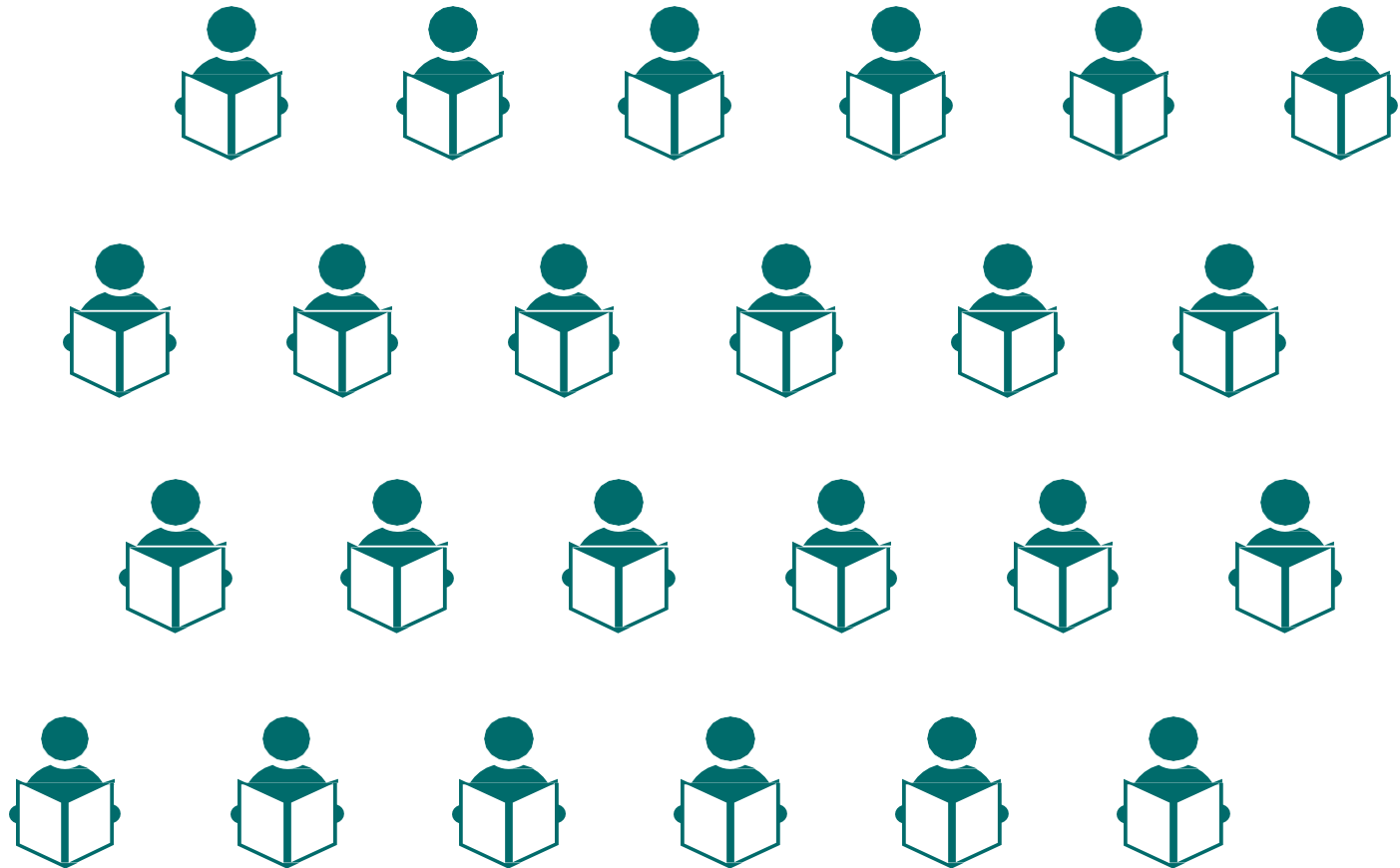


Outcomes of having a Trusted Adult

- Improved mental health and wellbeing
- Mitigated effects of abuse and trauma
- Positive educational outcomes



WHY DO YOUTH NEED TRUSTED ADULTS NOW MORE THAN EVER?



**CDC Youth Risk
Behavior Survey
2023**

WHY DO YOUTH NEED TRUSTED ADULTS NOW MORE THAN EVER?



10 students are experiencing persistent sadness and loneliness or two weeks or more.

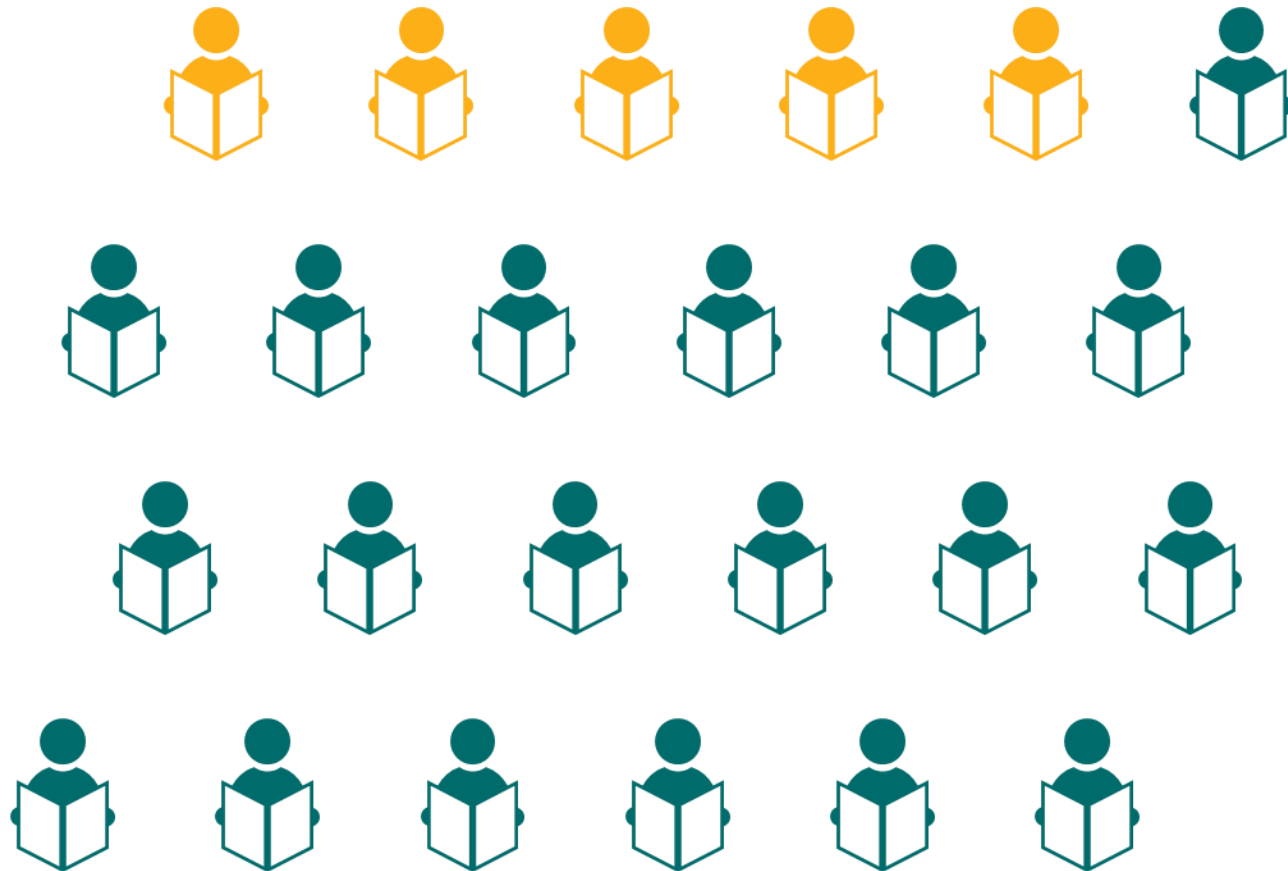


WHY DO YOUTH NEED TRUSTED ADULTS NOW MORE THAN EVER?



5-6 students

have seriously
considered
suicide.

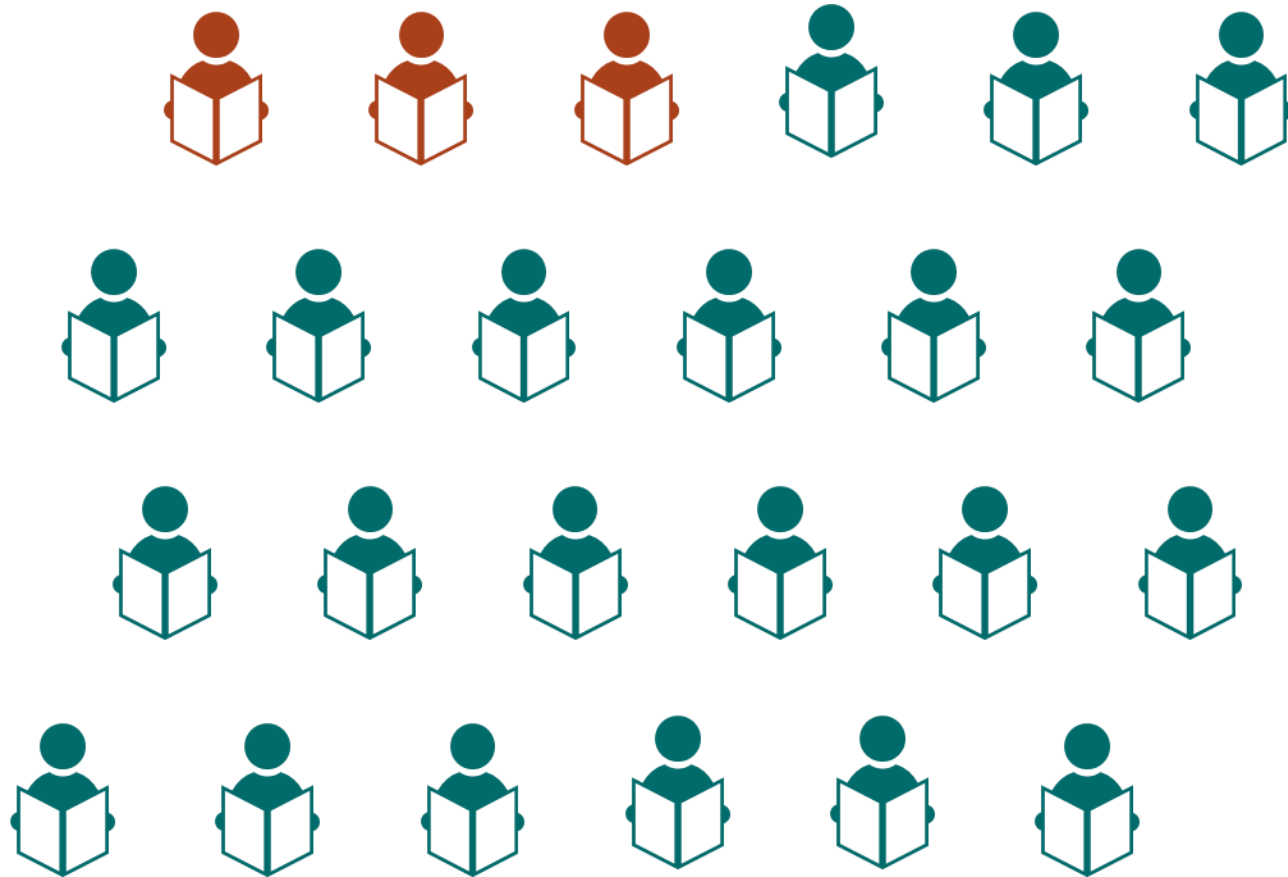


WHY DO YOUTH NEED TRUSTED ADULTS NOW MORE THAN EVER?



2-3 students

have recently
attempted to
end their life.




A 4x6 grid of 24 stylized human figures, each holding an open book. The figures are arranged in four rows and six columns. The color of the figures and their books transitions from red in the top-left to blue in the top-right, then through yellow and green in the middle rows, and finally to dark green in the bottom row. The figures are simple icons with a circular head and a rectangular body, with the book held in front of them.

WHY DO YOUTH NEED TRUSTED ADULTS NOW MORE THAN EVER?



At worst, this means **MOST** students in our classrooms are struggling.





Barriers to Identifying a Trusted Adult

Fear and Lack of Trust

- Fear of judgement or negative consequences
- Past negative experiences
- Perception of a formal or time-limited relationship



Communication and Accessibility

- Poor Communication Skills
- Limited access to resources
- Social Stigma



Other Factors

- Feeling like a burden
- Cultural and generational differences



Overcoming these Barriers



- Training adults in How to Be a Trusted Adult
 - Including training in Active Listening



Lingering
Questions?



Reflect

What's one thing you'll do to
become a more trusted adult?

Thank you for joining us today!

There is a brief survey after the end of this webinar.
Thank you for providing us feedback by completing this survey.

Webinar will be available in 3 days:

<http://www.dibbleinstitute.org/webinar-archives/>

Questions? RelationshipSkills@Dibbleinstitute.org

Second Wednesday Webinar

August 13, 2025

From Adversity to Resilience: ACEs, PCEs, and the HOPE Framework

Jessica Herzog-Hall

Indiana Youth Services Association