

“Start with Hello”

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Coordinator



“Start with Hello”

And Then..... Build Positive Relationships!



Why Should We “Start with Hello”?



“Start with Hello” in Leeds & Grenville

- Adapted from [Sandy Hook Promise](#) by EKIOC for **all adults and “influencers of youth” in our community**
- To create an environment where children feel safe, included, valued and connected.
- Uses principles of [Developmental Relationship Framework](#)





“Start with Hello” in Leeds & Grenville

The Voice of Youth

“Make conversation with us”; “Confident people who just start convos”; “More places for youth to go where we are welcomed”; “....people to talk to about anything”; “Try harder to make the youth involved because they are ruling this city after the grown-ups pass”; “Give kids my age a chance and have faith in us and then we won’t disappoint you”.

(Youth Let’s Talk Survey, 2018)



“Start with Hello” in Leeds & Grenville

- Adapted by EveryKid for **all adults and “influencers of youth” in our community**
- Aligns with EveryKid's areas of focus:
 - **Positive & Caring Adult Relationships**
 - **Community Values All Children & Youth**

Young people need to be surrounded by 3 or more non-parent adults , who love, care for, appreciate, and accept them.
(Search Institute)



What are Assets?

- The term comes from the Developmental Assets[®] framework-evidenced based from the Search Institute.
- Positive experiences, skills, opportunities, qualities and values (What kids need to succeed).



Developmental Assets®

External Assets

- Support
- Empowerment
- Boundaries and Expectations
- Constructive Use of Time

Internal Assets

- Commitment to Learning
- Positive Values
- Social Competencies
- Positive Identity





MORE IS BETTER!

- The more assets that young people have, the less likely they are to engage in a wide range of high-risk behaviours and the more likely they are to thrive.

Research shows that youth with the most assets are *more* likely to:

- Do well in school
- Be civically engaged
- Value diversity

Research shows that youth with the most assets are *least* likely to have problems with:

- Alcohol use
- Violence
- Illicit drug use
- Sexual activity



“Start with Hello” Activities

- Presentation to Brockville City Council-Nov 19



- Presentation to Leeds and Grenville municipalities- 2025
- Asset Builders event- June 22/25 at YMCA.
- Applications due May 15/25 to Tawyna.Boileau@healthunit.org



Getting Ready to “Start with Hello”

Check out the EKIOC website to find:

- Promotional Poster (11x17)
- Sample Social Media Posts
- Breaking the Ice Card
- Instructions for Button Making
- Ideas for Inspiration
- Asset Builder Information & Nomination Form
- Links to Other Supporting Resources



*to make a difference in the
lives of children and youth!*

*The idea is **simple**:*

- Reach out to a young person
- Say “Hello”
- Build a positive relationship,
when possible

Together we can create a community where
young people feel included, accepted and valued.

For more information and resources:
www.everykid.on.ca



Breaking the Ice Card

- Includes tips to break the ice with young people. Simple things – a smile, a comment, a listening ear...
- Keep some cards with you to hand out to other adults for their use
- Sneak a peek at a card before you go out and intentionally say hello to a youth. The cards give you your next step!
- **Pass them on!**



“Start with Hello” Long Term

- Work with community to embed Developmental Assets® into every aspect of life
- Work with municipalities to embed Developmental Assets® and Developmental Relationships® Framework into official Municipal Plans to build:
 - Strong positive connections between adults and children and youth that allow young people to thrive and contribute to the world





“Goodbye!”

For more information visit:

www.everykid.on.ca

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