

# 5

## FIVE TIPS

# Debriefing the Election with Young People

*No matter the outcome, trusted adults need to show up for young people.*



### PRACTICE LISTENING:

*Let them talk more than you do.*

Listening starts with acknowledging that young people have political ideas and opinions, and inviting them into conversation about those concerns.

**41%**

of young people ages 13–25 feel like most adults in their lives disregard their feelings about political issues.



### PRACTICE INTEGRITY:

*Don't be afraid to learn a new perspective.*

Although young people aren't intimidated by disagreement, they need adults to model open-minded dialogue that doesn't shun, shame, or disown others for having diverse perspectives. Commit to having a discussion with real integrity by entertaining and learning more about ideas and opinions you may not hold.

**68%**

of the young people Springtide surveyed say that they would not stop speaking to someone who strongly disagreed or opposed their political values,



### PRACTICE TRANSPARENCY:

*Share experiences, seek commonalities, and be open.*

Only when you start sharing your own experiences can you discover the nuanced ideas, hobbies, friends, or favorite foods to bond over. Because experience is a form of knowledge, having someone who has gone through similar things in life gives authority to speak into and from those places of shared understanding.

**59%**

of the young people Springtide surveyed say that personal experiences make them passionate about political issues.



### PRACTICE CARE:

*A foundation of trust paves the way for safe political conversations.*

Trust makes sharing experiences and discussing difficult topics safer and easier to do. If you are a trusted adult in the lives of young people and they feel they can come to you with a range of other concerns, try inviting them into political conversations.

**79%**

of young people say they are more likely to listen to adults in their life if they know those adults care for them.



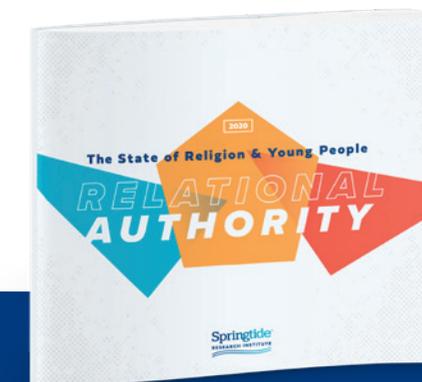
### PRACTICE EXPERTISE:

*Root your conversations in humility and care.*

Modeling a humble expertise means listening, considering the experience of others seriously, and committing to continued education and dialogue.

**81%**

of young people say it is important to try to understand both sides of a political issue.



Springtide Research Institute focuses on listening to and amplifying the inner and outer lives of young people ages 13 to 25. These findings and tips come from Springtide's latest report, *The State of Religion & Young People 2020: Relational Authority*. You can download the whole 120-page report free on our website at [www.springtideresearch.org](http://www.springtideresearch.org).