

1. Participate with the young person in activities, i.e., take him or her to a movie and talk about it over a snack afterwards, or invite him or her on an outing such as biking, roller blading, iceskating, or hiking. Try activities that involve the young person in creative expression.
2. Establish a regular time to be with the young person as listener, sharer and co-traveler on the faith journey. Communicate that the friendship between the two of you makes a difference in your life.
3. Encourage the young person to keep a personal journal and share reflections of your own from daily life. Talk about current events and trends.
4. Be willing to enter into discussion with the young person about the differing values around us and affirm the healthy, life-giving choices of the young person. Model healthy, life-giving choices and relationships in your own life. Share stories of others, both current and of history, who have struggled with issues of personal integrity.
5. Recommend and even buy for the young person spiritual reading, "reflections for every day," that link faith to life.
6. Expose the young person to professional acquaintances in particular fields and vocations as he or she explores possible vocational choices.
7. Share with the young person the significant moments in your faith life. Ask open-ended questions (why, how, where, when) that encourage the young person to explore how his or her faith is experienced in life.
8. Participate with the young person in community service activities and together keep a photo journal of your involvement.
9. Advocate for inclusion of the young person and his or her peers in leadership capacities at the parish, and to become an integral part of the planning process for programs that involve them.
10. Explore with the young person a variety of ways to pray. Send the young person scripture notes every week. Meet with the young person and talk about what kind of homily the young person would write for the upcoming Sunday.
11. Find five other adults who are going to pray for this young person.
12. Create a prayer board for the young person's bedroom where he or she can put up the names of people who are in need of prayer.