You Get a Say

TOPIC: Family communication, autonomy, belonging, youth voice

AGE: About 9 to 17

SETTING: Family, classroom, youth program

The lesson is not “kids make the rules.””

Having a voice and having final authority are not always the same thing.

1 Pick a Real Decision

- Family outing
- Weekend schedule
- Classroom celebration
- Dinner
- Bedtime routine
- Vacation activity
- Allowance responsibility
- Study schedule
- After-school activity
- Your own

2 Everyone Fills Out Four Cards

I CARE ABOUT...	I'M WORRIED ABOUT...	I CAN BE FLEXIBLE ABOUT...	MY IDEA IS...

House rule: everyone shares all four cards before the group decides anything.

3 Build the Solution

Create one plan together. It must include at least one priority from every person at the table.

For the adult

You can keep a necessary boundary and still truly hear a young person’s view. Say out loud which parts are open and which are set.

The research behind it: Share Power

1of5elements:ExpressCare · ChallengeGrowth · ProvideSupport · Share Power · Expand Possibilities

Respect me
Take young people seriously.

Include me
Involvethem in decisions that affect them.

Collaborate
Solve problems and reach goals together.

Let me lead
Create chances for them to act and lead.

Inspired by: Search Institute. (n.d.). *Developmental relationships*. Retrieved October 6, 2026, from https://searchinstitute.org/developmental-relationships

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YOU GET A SAY

Voice Cards

Onesheetmakestwofullsets.Cut on the dashed lines. Each person fills out all four cards before the group decides.

I CARE ABOUT...

NAME _____

I CARE ABOUT...

NAME _____

I'M WORRIED ABOUT...

NAME _____

I'M WORRIED ABOUT...

NAME _____

I CAN BE FLEXIBLE ABOUT...

NAME _____

I CAN BE FLEXIBLE ABOUT...

NAME _____

MY IDEA IS...

NAME _____

MY IDEA IS...

NAME _____

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