



THE SPARK CONNECTION FRAMEWORK

FOR ADULTS AND THE YOUNG PEOPLE IN THEIR LIVES



THE SPARK CONNECTION FRAMEWORK

A growing disconnect between adults and young people has left too many voices unheard, relationships strained, and potential overlooked. SPARK introduces a powerful new framework that helps both generations rebuild trust, strengthen communication, and form deeper, more meaningful connections.

Within this document, you'll find two versions of the framework—one designed to guide adults and another created to empower youth—each working together to spark real change. Adults gain practical ways to engage and support young people. Youth are equipped to express themselves, build confidence, and take an active role in creating stronger, more connected relationships.

The opportunity to change how we connect starts with you putting this framework into action.

Dr. Liz



Empowering Parents • Uplifting Youth

A green graphic consisting of three parallel lines of increasing length, pointing to the right.

PART 1: FOR ADULTS

THE SPARK CONNECTION FRAMEWORK

Real connection begins with **SPARK**:

S — Support

Offer encouragement and comfort without trying to fix or control.

P — Presence

Be fully there. Put the phone away. Listen with your whole self.

A — Authenticity

Speak honestly, not perfectly. Share your truth and create space for others to do the same.

R — Responsiveness

Notice feelings and needs. Respond with care — even small gestures matter.

K — Knowing

Get to know young people — who they are, what they care about, and how they see the world. At the same time, get to know yourself — your triggers, habits, and patterns. The more you understand both, the stronger your connection will be.

These principles aren't rules. They're **reminders** — tools to help build trust, foster connection, and ignite potential in young people.





EVERYDAY PRACTICES FOR DEEPER CONNECTION

Get Present

Write down 3–5 things you're grateful for. Gratitude grounds you.

Let Go of the Rope

When you stop pulling in the tug of war for control, young people stop resisting. Letting go doesn't mean stepping back completely; it means making room for young people to share, ask questions, and be part of the conversation.

Embrace Silence

Silence can feel awkward, but it can create a space for new ideas and conversations to arise.

Be Curious

When you ask, listen, and express interest without trying to fix or correct, trust starts to grow.

Listen for the Gold

Sometimes what young people need most is to be truly heard. Slow down, listen closely, and notice what's really being said — and what's not.

Supportive Conversations

Ask questions to connect, not control:

- "I heard you playing music. What song were you listening to?"
- "You care about the environment. How can we do better?"
- "How can I support you right now?"
- "Do you want my advice or do you just want me to listen?"

Opportunities for Action

- Say something new: A compliment, a thank you, a moment of pride — even small words can shift everything.
- Share a story: Talk about a time you doubted yourself. Vulnerability invites openness.



WAYS TO EMPOWER YOUNG PEOPLE

- Involve them before decisions are made.
- Make participation accessible. Ensure language, access, and environment help all youth feel welcome and included.
- Partner with youth. Don't just lead them — collaborate with them as co-creators with valuable perspectives.
- Demystify the system. Explain how things work, including the unspoken rules that may not be obvious.
- Offer guidance and openness. Share what you know and stay open to learning from youth in return.
- Be patient. Trust and leadership take time to grow. Keep showing up.



PART 2: FOR YOUNG PEOPLE

You Were Born with Gifts

You may not always feel it, but you do have something special — a skill, a talent, a spark. Whether it's writing, fixing things, dancing, speaking, or helping others — it matters. And it's yours to develop.

Flip the Script

- Don't listen to the voice that says, "you can't."
- Tune in to the one that says, "you can."
- Disconnect from the noise to reconnect with yourself.
- Surround yourself with people who support you.

Try This: Build Your Circle

- List three people who already support you.
- Choose one person you'd like to get to know better.
- What's one step you could take this week to build that connection?

Love the No's

Even if you hear "no," you've already succeeded by asking. That's courage.

Let Your Light Shine

You weren't meant to stay small. Don't hide what makes you unique and special. You have ideas, talents, and experiences that are worth sharing.

Speak Up & Share

- Your voice matters.
- Your thoughts and feelings are important — don't be afraid to share them.
- Let the adults in your life know what's really going on.
- Trust builds when you open up.



TRY SOMETHING NEW: THE CAD FRAMEWORK

C — Create

Write your vision for the future. Describe it in the present tense. For example: "I am a youth leader who speaks at school events and helps others feel seen."

A — Ask

What do I need to learn?
What actions can I take?

D — Do

Take small steps today. They lead to big change tomorrow.

Self-Care is Strength

Choose what helps you feel better:

- Meditation
- Journaling
- Breathwork
- Exercise
- Talking to someone
- Eating well
- Taking breaks

Mental Health Matters.

If you're struggling, talk to a trusted adult or call 988 (Suicide & Crisis Lifeline). You're not alone.

You Can Make an Impact

- Speak up when systems don't work — your voice can help improve them.
- Learn how things operate before trying to change them.
- Pay attention to what's already working — not everything needs to be rebuilt.
- Ask for feedback. That's how you grow.
- Keep showing up — progress takes time.
- You don't have to do it alone. Partner with adults and peers to **create solutions together.**



DR. LIZ IS REVOLUTIONIZING HOW ADULTS AND YOUTH CONNECT

Bold, inspiring, and authentic, Dr. Elizabeth R. Henry ("Dr. Liz") has spent more than 25 years guiding adults and youth in building trust and fostering meaningful connections. A board-certified pediatrician, TEDx and international speaker, best-selling author, and go-to expert for major media, including CBS News (New York), she brings unparalleled expertise and a deep understanding of today's generational challenges to every stage. Her powerful, actionable messages break through the noise and get to the heart of what matters—equipping adult and youth audiences with the skills and tools to build healthier relationships, ease tensions, and create stronger families, schools, and communities. Event organizers choose Dr. Liz because she delivers fresh perspectives and transformative ideas that spark meaningful conversations and drive lasting change for today's youth.

LET'S CONNECT



Keynote Topics

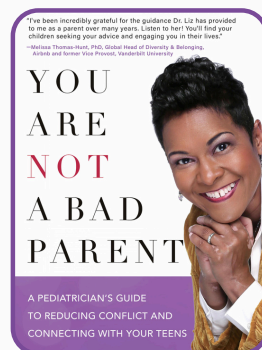
Presentations are tailored to connect, engage, and inspire your audience.

Suggested Topics for Parents

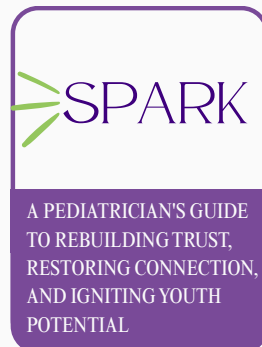
- The Power of Connection: How Adults Can Help Young People Thrive
- You Are Not a Bad Parent: Real Talk for Raising Teens & Young Adults
- From Conflict to Confidence: Communication Strategies That Work
- Supporting Gen Z in the Workplace: What Every Leader Needs to Know
- Creating Brave Spaces: Building Trust with Youth in Schools & Communities

Suggested Topics for Teens

- Real Talk: Stress, Anxiety & Building Resilience
- You Are Enough: Self-Worth, Identity & Confidence
- Speak Up: Communication, Boundaries & Real Connection
- Digital Reality Check: Social Media, Comparison & Mental Health
- Your Future, Your Way: Purpose, Passion & What's Next



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