

# GAINING COMFORT WITH EXPANDING YOUR AGE RANGE

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## SEEK TRAINING

Talk with your agency worker about training opportunities specific to working with teens. Consider taking the CORE Teen Training.

## CONNECT

Find a teen within your social network and make time to connect one on one with them (i.e. take a friend's teen out for a manicure; invite a friend who has teens over for dinner).

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## VOLUNTEER

Seek volunteer options such as: Big Brother/Big Sister/other local mentorship programs; CASA; youth groups/other opportunities within your faith community; local community center or extracurriculars; Crisis Text Line.

## CONSIDER YOUR RESOURCES

Research what supports for teens are available within your community (i.e. outpatient counseling, psychiatry services, support groups for parents of adopted teens).

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## LISTEN

Listen to the stories of other families who have opened their home up to teens: [HERE](#), [HERE](#), and [HERE](#). Also review the Waiting Children on [AdoptPAKids](#) if you haven't already!

## SEEK MENTORSHIP

Talk with your agency worker about getting connected with a family within your agency who has experience adopting/fostering older youth

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## PROVIDE RESPITE

Talk with your agency worker about the option to provide respite (i.e. for a weekend) for a youth outside of your desired age range.

## IDENTIFY YOUR OWN IDEA

Talk with your worker about an idea you have that is not listed on this resource.

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