

# CULTIVATING YOUTH MATTERING



## What is mattering?

- Feeling valued and adding value, to self & others
- Mattering helps us define ourselves and our identity
- Strongly related to social connectedness
- Provides a protective factor for people in life transitions

## What does mattering look like?

### School or Community Strategies

- Peer to Peer Mentoring
- Opportunities for volunteering
- Create mattering interactions
- Create visual representations of mattering



### Individual Strategies

- Spend time with people
- Be a good listener
- Let others have a voice
- Acknowledge when someone has been missed
- Remember things that are important to others (dates, events, etc.)



50%

According to the 2023 Maine Integrated Youth Health Survey, 50% of high school students felt they did not matter in their community

## SMALL ACTS

Youth who feel they matter in their community are 24% less likely to currently use any substances.



Vaping  
24%  
less likely



Rx misuse  
33%  
less likely



Drinking  
16%  
less likely



Smoking  
44%  
less likely

## BIG IMPACT

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