



cultivating YOUTH MATTERING



tips from the Maine Resilience Building network

SMALL ACTS

big impact

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



“Mattering is the sense of being significant and valued by other people... People who believe they matter to others have a key protective resource that can buffer them from life stressors and challenges throughout their lives.”



Dr. Gordon Flett

49%

According to the 2021 Maine Integrated Youth Health Survey, 49 percent of high school students felt they did not matter in their communities. In that same survey, twenty percent of middle school students said they had seriously thought about killing themselves.

Mattering occurs in different parts of our lives:



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.)

32%

Only 32% of LGBTQ+ students feel they matter to their community compared to 56% of their heterosexual, binary peers.

Learn more at www.maineresilience.org or contact us info@maineresilience.org

