

Five top tips for talking with your young people

1. Not alone

Not to be confused with 'normalising' too quickly, do remind the young person that they're not alone - just hearing this can be powerful and you can do this without minimising their experiences.



2. Here to help

Let the young person know that first and foremost you're here to help them and try to create an environment where there is space for them to talk or express how they are feeling.



3. No pressure

Shifting early questions away from 'what's wrong' to 'what's happened' can be a really useful way of helping young people to tell you about themselves without feeling pressured to respond to a certain question - asking 'what's wrong' typically leads to a 'don't know' response.



4. Hear me out

Try not to jump too quickly to solutions/advice giving' linked to 'Not Alone' it can actually be more helpful to spend time in the early stages focusing on the 'problems' - not only does this help young people feel heard; they often start to naturally talk about some of the solutions themselves and that sense of self discovery is important.



5. Open-ended

Asking more open-ended questions generally encourages meaningful conversation whereas questions with yes/no answers (whilst sometimes necessary) can shut young people down in the early stages.



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