

## Tip Sheet for Caring Adults

Baby steps will happen when change is in motion!!

### Celebrate Change

Support the positive change that occurs and name the strengths and positive attributes we bring. It feels amazing to walk into a room and have people clap for you. Trust us!

### Lead by Example

Be mindful of your **body language** – never underestimate the power of example.

**REMINDER:** You will have more influence on us if you role model positive ways to handle conflict.



### Person to Person Conversations



Believe it or not, youth have a hard time seeing their teachers as actual people who have emotions and feelings. Sometimes it works the other way with teachers towards their kids. Take a break from school expectations and **talk about some positive things** going on in the student's lives.

Remember what may be important to them may not be first priority for you. **Meet them where they are!**

### Be mindful



- Do not discount feelings!
- What may feel like a small challenge to you, may be huge for the student.

### Be Calm

- When times get heated between yourself and a student, leave your negative emotions out of it when expressing your feeling or concerns.
- Talk to them privately about issues or concerns and guide them to the right choice.
- Try not to lecture.

### Try not to Judge!



- Think back to when you were a youth; remember it wasn't easy and some of the decisions you made we're not the best. It's all about **learning, making mistakes, and feeling safe to grow**. Most likely students want to be good human beings.
- Try to relate to your students with similar experiences or emotions.

### Let Students know you are Always There and you Care



Knowing that people care about us even after mistakes are made. Sometimes we can feel un-lovable and carry a lot of shame; therefore a regular reminder can **make a student feel valued**.

### Listen and be Open-Minded

- Let your students express their opinion and try not to give the quick answer.
- Be careful not to think that you're older, wiser, and smarter – you might lose connection.
- Try not to compare them to yourself or anyone else.



### Reach out to us!



[www.youthspeak.ca](http://www.youthspeak.ca)



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### Set Boundaries

- This will be beneficial to your students, as well as yourself. In order to help one another first, we must help ourselves.
- There is no shame in asking for help from a professional, if the situation does not get better.