

for Caring Adults

General Tip Sheet



CELEBRATE CHANGE

Support the baby steps in positive change that occur and name the strengths and positive attributes we bring.

LISTEN

Let youth express without you giving a quick answer. You might lose connection assuming you know. Try not to compare them to yourself or anyone else.

BE MINDFUL

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

DO NOT JUDGE

Prepare what you would like to talk about. This helps you become less nervous when discussing your thoughts and feelings!

ONE-ONE TALK

Write your feelings out, if you have a hard time talking about your feelings.

SET BOUNDARIES

Do not feel embarrassed by what you are going through! Everyone has tough times.

LEAD BY EXAMPLE

You will have more influence if you role model positive ways to handle conflict. e.g. mind body language

BE CALM

Do not feel embarrassed by what you are going through! Everyone has tough times.

Let youth know **you are always there** and you care even after mistakes are made.



We can feel unlovable and carry shame; so a regular reminder can make a student feel valued.

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