

# Tips for: Connecting with young people while experiencing tough times

In this video, the young people give some tips about how to approach children and young people when they are going through challenges.

## Reflections

Tarnie talks about “leaving her alone and not pushing it”. It can be hard to step back when you are worried. What are some ways you let young person know you are there for them when they are ready to talk?

Mathew identifies how important it is for young people to feel validated. How can you show understanding and express acceptance of a young person’s feeling?

Ty suggests taking the young person’s mind off things by connecting with them through and activity they enjoy. What kind of connection activities have you done with kids in the past? What made them successful?

When a young person pushes you away, how do you manage your own responses so you can remain focused on the young person’s needs?

## Your plan

Each young person gives different examples of what works for them when they are having a rough time. How will you understand what each individual child needs from you when things are not going well?

How will you balance a young person’s right to privacy with their safety when you are worried about them? What systems can you use to help you know when to step back and when to lean in?

How will you develop purposeful partnerships with a child’s network to help them when things are not going well?

## **Group supervision questions**

How can we best connect with the child or young person during this hard time?

How will we make sure our social responses to the young people show them their feelings are accepted and valid?