



Session overview

This session gives the young person opportunity to explore how they can tell certain people in their life what support they need and find the words to vocalise it. It will also provide families and other trusted adults with ways to interact with the young person in a way that is helpful and supportive to them.

Information for practitioner

This session can be revisited to consider different people in the lives of the young person. It could be useful to start with parents/carers as this relationship can be affected by what has happened. This work can be a bridge to rebuild connection and trust, and for the young person to share what they need from home.

 You might want to allow time for the young person to think about which question cards they want to complete.

 Some young people may need support going through the cards, whereas others may want to do this in their own time, considering each one. Be aware, taking note of their body language, not being afraid to ask them what they need.

Pre-session action

Select a *“Looking after yourself”* exercise in advance for the close of the session.

Resources needed for this session

- Questions card packs

Session

Check in with the young person as to how they have been since your last session together. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?


Inform the young person what we are going to do in this session, sharing the overview.



Questions card packs

Activity

Identify who the young person would like to share their thoughts with, for example, parent/carer, teacher, friend, brother, Grandma and so on.

 Practitioner needs to acknowledge that there are a lot of cards – being mindful of not overwhelming them – and the young person doesn't have to think about all of them. Allow them to go through the cards selecting a few that they want to start with.

On a fresh piece of paper, work with the young person to express what they want to say.

Examples:

Telling school, *“What would help is... sitting near the classroom door so I feel like I can get out of the room if I need to.”*

Telling home, *“The best time to talk is... when we walk the dog.”*

Telling a friend, *"The most important thing I need from you is... to listen and not try and fix things."*

Telling my brother, *"One thing never to say is... that it's my fault for taking the picture."*

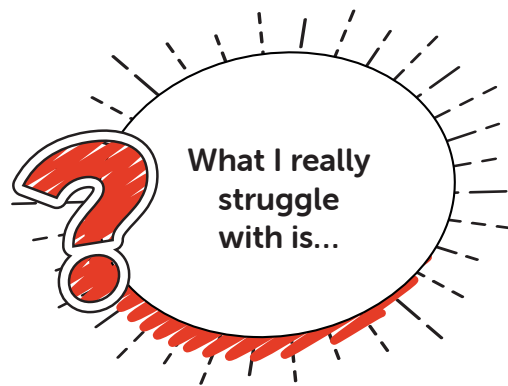
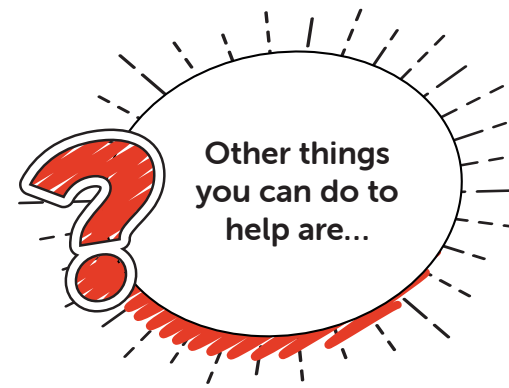
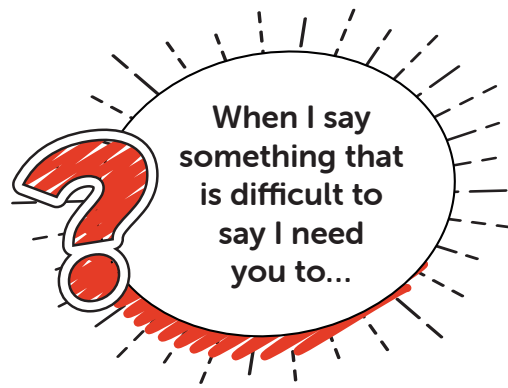
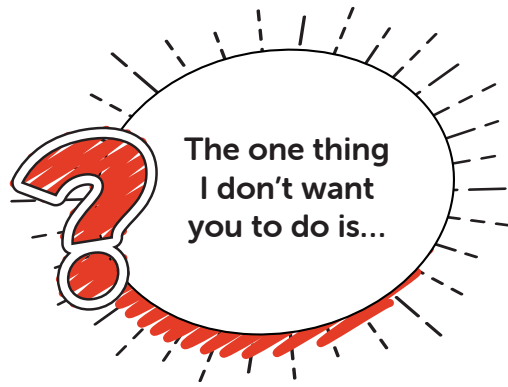


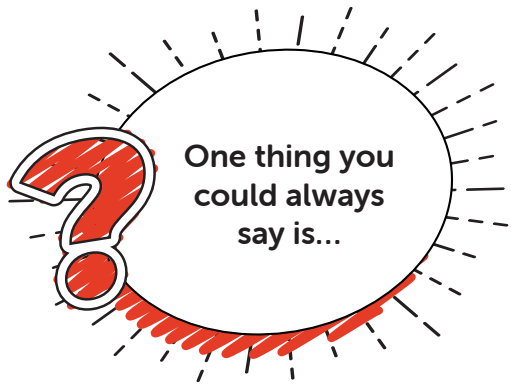
Reflection on this session:

It can be hard to let people know what we need in the moment, and so thinking about it in advance can be useful. The people around us generally want to help but don't always know how, and so being able to say what we need can make both them and us feel a lot better.

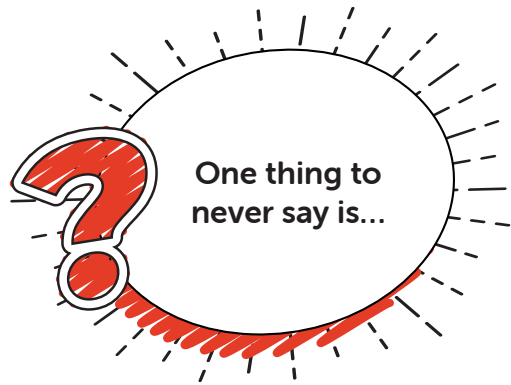


Looking after yourself exercise to close

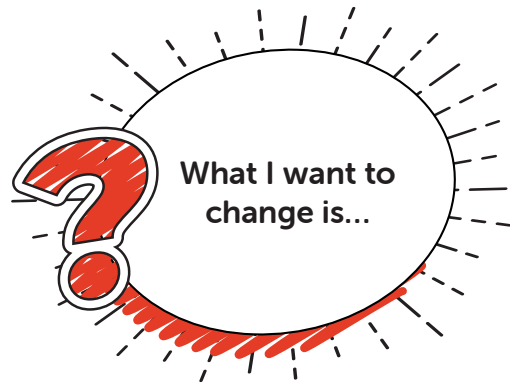




One thing you could always say is...



One thing to never say is...



What I want to change is...



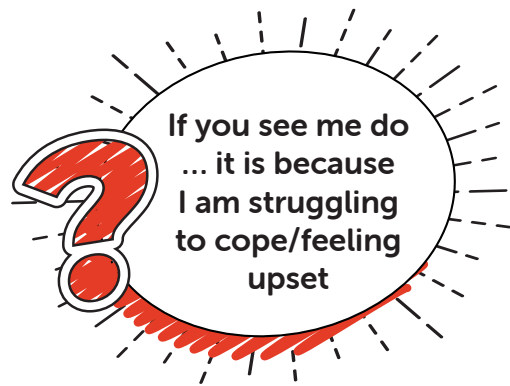
I need you to help by...



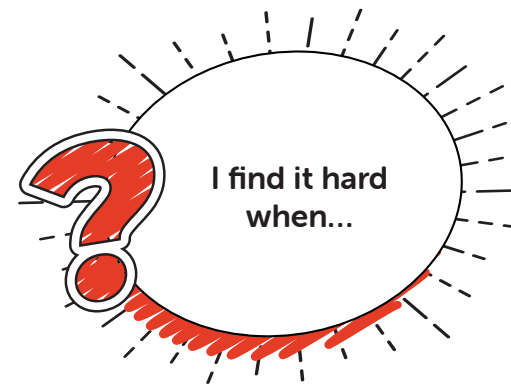
When I feel angry/sad it sometimes looks like...



When I feel angry/sad this might help...



If you see me do ... it is because I am struggling to cope/feeling upset



I find it hard when...



What I need from you at that time is...



What I need to hear is...

