

Don't hesitate. Ask the young person!

"How are you? What's going on in your life?"



Bringing up issues:

Asking shows you care

Asking shows you are looking after the person

Take an interest in the young person's life and everyday

Be trustworthy and ask about matters directly

Genuine interest does not stigmatise either the person who asks or who responds

Do not draw conclusions – let the young person explain in their own words

Do not hesitate to bring up your concerns

Why should you ask?

- It's your duty as an adult
- It's for the young person's best
 - Everyone has the right to get help and support and to safe communication
 - Everyone has the right to be heard, seen and acknowledged

What happens if I ask?



Did you remember to ask how the young person is doing?



Do I know which way to guide the young person and which services they are entitled to?



Did the young person get the chance to speak their mind?

