

Skills adults need for communicating with children and young people

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- They have to accept they are not young anymore and let young people and children have their say and not try and influence the outcome of sessions with young people.
- They must not make decisions that affect young people and children's life's with out consulting with a range of young people
- They have to be able to listen to young people
- They have to be able to support the needs of the people they are working with, without being patronising or unsupportive. They have to find the right level for every young person or child.
- They must treat all young people and children that they work with the same and not have favourites.
- They must respect them
- They must respect their ideas and views
- They must be discreet when appropriate
- They must find answers to any questions
- They must have a sense of humour
- They have to be able to talk to young people and children at their level
- Children and Young people must feel they can relate to them and able to talk to them about their issues
- They must show that they are listening by commenting on what they are saying at the time and if it is a situation where they must act upon an issue they must act
- They must be positive but realistic
- They have to be organised in what they are trying to say
- They must not make a situation awkward
- They should come to a place that the young person and child feels comfortable
- Adults should make sure that the young people know exactly what you are asking them before they go
- Always be nice e.g. say good morning to them that might be the first nice thing they have heard all day
- Ask them how they are
- Don't raise your voice if you are annoyed try and stay calm and understand that they may not actually know what they have done wrong
- Don't talk about previous discussions in front of their friends if it includes delicate information
- Be confidential if that is what the young person wants even if it is not the best thing for the situation
- Remember that you were young once to make things interesting for them
- Don't bore them
- Don't have pre conceived ideas about young people who you haven't met from other siblings you may know or rumours form other adults. Make up your own mind
- Don't stereotype young people and children