

Active Listening Challenge

Partner A

Talk for two minutes about:

- Something you enjoy
- Something you are proud of
- A challenge you have overcome

Swap after two minutes.

Active Listening Challenge

Partner B

You can;

- Listen
- Ask open questions
- Reflect feelings
- Summarise

You must not;

- Interrupt
- Give advice
- Share personal stories
- Solve problems

Swap after two minutes.

Boundaries and Safe Relationships

How do boundaries protect the relationship and the young person's safety?

How would you explain limits of confidentiality to the young person in a way that preserves trust?

Discuss boundaries in these areas;

- Social media
- Personal phone numbers
- Gifts
- Transport
- Favouritism
- One-to-one relationships

In your group identify behaviours that would make somebody unsafe to trust.

- Draw a boundary circle around your trusted adult.
- Add positive words around boundaries and safety inside the circle and negative words outside the circle.

Examples:

Positive	Negative
Clear roles	Secret communication
Appropriate communication	Favouritism
Accountability	Private late-night messages
Supervision	Promising secrecy
Recording concerns	Over-sharing personal information
Fair treatment	

Boundaries and Safe Relationships

Scenario

A young person says:

"You're the only person I trust. Please reply."

Discussion Questions

- What are the risks?
- What should happen next?
- How do boundaries protect relationships?
- How do boundaries protect young people?

Inclusion: Identity and Privacy

Explore the relationship between inclusion and trust.

Keep your discussion focused on the experiences of **young people** and avoid debates about personal opinions.

Question

"If a young person walked into this space for the first time, what would tell them they belong?"

Explore

- Culture
- Faith
- Disability
- Sexuality
- Gender
- Additional needs
- Socioeconomic Background

Inclusion: Identity and Privacy

Scenario

A young person shares information about their identity but is not ready for others to know.

Discussion Questions

- What would a trusted adult do?
- How can trust be maintained?
- What information should remain private?
- Are there any safeguarding considerations?
- Who might need to know, and why?

Inclusion: Views & Belonging

In your group, find out if there is a story behind everyone's names. Why did their parents chose it? Does it have a meaning?

Why are our names an important part of our identity?

Add to your Trusted Adult drawing if there are any addition considerations for Identity.

Examples:

- Uses correct names and pronouns
- Challenges discrimination
- Respects culture and faith
- Understands additional needs
- Values diversity
- Makes no assumptions
- Creates belonging

Inclusion: Views & Belonging

Scenario

A young person shares a political view with you that is the opposite of your own.

Discussion Questions

- How might your own views influence your response?
- What should a trusted adult do?
- How can respectful disagreement be modelled?
- How can the young person feel heard without the adult imposing their own views?

Mental Health & Wellbeing

Discuss in your group what a trusted adult can offer a young person with poor mental health. Consider what trusted adults can't offer.

Examples:

- Listen
- Support
- Record
- Notice
- Refer
- Seek advice

Trusted adults **do not**:

- Diagnose
- Provide therapy
- Work outside their competence

As a group can you compile a list of local and National organisations that can offer mental health support.

Have any themes or ideas come from your discussion that can be added to your Trusted Adult drawing?

Mental Health & Wellbeing

Scenario

A young person becomes overwhelmed during a session and leaves the room distressed.

Discussion Questions

- What should happen immediately?
- Who may need to know?
- How can support be offered calmly and safely?