

4 skills to role model

Consent

Looks like:

Asking before touching

Getting agreement for a discussion

Following the youth's comfort level

Sounds like:

"Is it ok for us to meet 15 min late?"

"Would you like a hug? I also have a blanket."

Boundaries

Looks like:

Creating trust for client to say no

Refraining from giving advice that is your opinion

Considering what you disclose to client

Sounds like:

"I remember you prefer texts. Still good?"

"It's really helpful to hear that you don't want to talk about that"

Curiosity

Looks like:

Proposing hypothetical situations to think about

Taking time to ask Q's that deepen the meaning of the details shared

Sounds like:

"What would you do if..."

"Have you heard about?"

"What did that mean?"

Accountability

Looks like:

Apologizing when you make mistakes

Gathering client feedback and adjusting

Commitment to learning

Sounds like:

"You are right. I called you late. I will set a reminder so I don't forget."

"I don't, but let me get back to you next week"