



PROVIDE SUPPORT

- **HELP YOUNG PEOPLE**
solve problems when they encounter barriers to their goals.
- **OFFER INFORMATION**
and practical help to solve a practical problem, or loan them something they may need.
- **SHOW YOUNG PEOPLE**
how to ask for help when they need it.
- **SHIFT LEVELS OF SUPPORT**
Give more support when young people are struggling, and less when they are making progress. Step back as their skills and confidence builds.
- **HELP YOUNG PEOPLE**
find their own solutions, rather than just telling them what to do.
- **WHEN A YOUNG PERSON NEEDS HELP**
that you cannot provide, help her or him find another person or an organization that can help address the issue.
- **TEACH STRATEGIES**
for performing and learning under pressure.
- **WHEN YOUNG PEOPLE GET UPSET**
about something or when they have done something wrong, listen carefully and let them know that you understand their feelings before providing direction or discipline