

STRATEGIES TO HELP A TEEN CONFIDE IN YOU



WHY ARE TEENAGERS SO RELUCTANT TO TALK ABOUT THEIR STRUGGLES?

Many young people hesitate to confide in adults out of fear of:

Being judged or misunderstood

Worrying or disappointing their loved ones

What might happen if they talk about
what's going on (reactions, consequences)

Nothing changing or an inability
to find the right words

Repeating bad experiences from the past

Being seen as weak



Starting the conversation
can make all the difference!



4 STEPS FOR HELPING A TEEN OPEN UP

1

PICK YOUR
MOMENT CAREFULLY

Choose an informal setting that's **calm and relaxed**:

- In the car
- While doing an activity together
- While working on a task together
- During a walk

These moments, where you're side-by-side rather than face-to-face, are often less intimidating.

2

GET STRAIGHT
TO THE POINT,
BUT BE GENTLE!

Express your concerns using an "I" formulation:

- "I've noticed that..." , "I'm worried because..."

Ask **simple, caring** questions:

- "What do you think?"
- "How are you feeling these days?"
- "Has anything changed?"
- "Would you like to talk about it?
Who with? When?"

3

LISTEN
AND FOLLOW
THEIR LEAD

Active listening, your simple presence,
and a **non-judgmental attitude** are your **best tools**.
Remind the teen that you're there for them
and that they have a caring support network:

- "I'm here for you. You can also talk to [your sister,
your godfather, your friend, your school counselor, etc.]."

4

DON'T GO IT
ALONE AND
DON'T GIVE UP

Build a **support network** of friends, family,
and school and health care professionals.

The teen needs to know that they're **not alone**
and that there are ways to get better.

**And remember that by taking care of your own
mental health, you'll be in a better position to help a teen!**



TALK ABOUT SEEKING PROFESSIONAL SUPPORT

Professional support may be needed if:

- Symptoms persist despite the support from family and friends
- The teen is struggling to open up
- You feel like you're in over your head

A few strategies for raising the idea:

"A medical appointment might help you get a better grasp on what you're feeling and make sure your symptoms aren't being caused by a physical illness."

Use positive examples to talk about the benefits of helping professions and services like psychotherapy and help hotlines.

If the teen refuses, give them 2 or 3 options:

"Would you rather meet with the social worker at school or go to Aire Ouverte?"



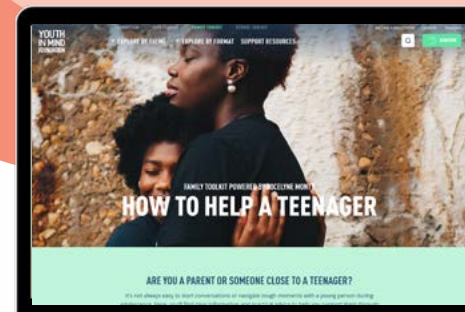
Sometimes, you need to stay involved to make sure the teen is getting the help they need.

ADDITIONAL RESOURCES

Discover all our **resources** for families



Articles on getting help



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**YOUTH
IN MIND
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