Why Don’t You Believe Me?
Objectives

- Leave with the ability to actively engage with teens while creating an awareness of an individual’s mental health.
- Cultivate healthy relationships with teens.
- Maintain the ability to identify warnings signs of violence and how to respond with trauma-informed protocol.
Activity

What are your assumptions of the following...
Activity

Breaking Down Assumptions

DO NOT LIST TITLES
What Did You Learn?
Going Back To Our Roots
Expose Your Roots

Stages:
1) Fear
2) Anger
3) Shame or Guilt
4) Struggle for Worthiness
Benefits of Exposure

1) Joy
2) Creativity
3) Belonging
4) Love
5) True Connection
Working with Youth

1) Why did you want to work with youth?

2) Is it what you assumed it to be or different? Explain.

3) How have assumptions hindered your work?
Idaho Statistics

- In the last 30 days, 14% of students reported posting or sending a revealing or sexual photo.
- 26% of students reported being bullied on school property.
- 20% of teens reported they have seriously considered attempting suicide.
The Foundation of Relationships
Administration

Co-Workers

Teens

Families you come in contact with

Honesty & Trust

Safety

Communication

Support

Fairness & Equality

Respect

Acceptance

Individuality
Which characteristic do you offer the most to the people around you?

Which characteristic do you need the most improvement on?

Honesty & Trust
Safety
Communication
Support
Fairness & Equality
Respect
Acceptance
Individuality
Warning Signs of Violence
What Do You Know?
Responses to Trauma

- Poor Hygiene
- Feeling Emotionally numb
- Depression
- Refusing Going to School

- Isolation
- Decline in school
- Aggressive
- Complaining of physical problems
• Lack of Concentration
• Loss of Interest in Fun Activities
• Developing Unfound Fears
• Quiet Around Friends, Family & Teachers
• Irritable or Disruptive
• Bursts of Anger
Trauma Informed

• **R** espect
• **E** mpower
• **A** lways ask Location
• **L** imit trauma
In Their Shoes
Discussion

What were some preventative measures that could have taken place?

Formulate a cohesive outline to introduce to your workplace.
A Few Thoughts...

When we break down assumptions everything becomes possible.

Work from a place of vulnerability and humility; it allows connectedness.

Reflect but do not dwell.