

# “I NEED YOU TO...”: STEPPING INTO THE SHOES OF A YOUNG PERSON WHO HAS EXPERIENCED TRAUMA, LOSS & CHANGE

## NOTICE ME



“It’s so hard for me when I think that I’m being ignored. I want to be remembered. I need you to chat to me, show an interest in my interests and tell me that you’ve been thinking about me”.

## ACCEPT ME



“I need you to let me know that my feelings are ok and make sense. You have no idea how powerful it is to hear the words ‘I know this is tough for you’”.

## BE CURIOUS

“I don’t always know how I’m feeling. I might seem angry when I’m really scared. When you wonder out loud about what I’m going through, I learn why I feel the way I do”.



## HELP ME FEEL SAFE

“Part of my brain is always on the look-out for danger. It’s hard for me to focus or take in information. I need you to stay calm, check in with me, show me what I have to do and come with me to a quiet place when I need to relax”.

## BE ANIMATED



“When I can’t tell what your face and body are showing, I panic. I can think I’ve done something to annoy or disappoint you. When you’re happy or proud of me, I need to see it in your eyes, your smile, your voice and the way you stand”.

## BE RESPONSIVE



“Today the corridor feels really scary. I can’t bear the thought of going to assembly or the playground. On these days, I need you to slow things down, stay close, let me have more breaks and reassure me that things are ok”.

## BE FLEXIBLE



“I might need you to make choices for me. On other days, I need you to give me choices so I have some control. You may have to ask if I need help or tell others what to do so I can hear it”.

## GIVE ME HOPE



“It’s easy for me to focus on the negatives. I need you to tell me when I’ve tried my best. Show me examples of my achievements and strengths. Let me know that I’m getting better at something”.

## MAKE THINGS PREDICTABLE



“It’s hard for me to keep track of time. One minute we’re doing this, then suddenly we’re doing that. I need you tell me what’s happening throughout the day and prepare me for any change in our routine”.

## MAKE ME LAUGH



“I can find it really hard to relax. Tell me a joke. Put on a funny voice. Be silly. Make a mistake. Play games with me, even if they’re games you would play with someone younger”.



## HANG IN THERE

“There will be days when I don’t seem to like you, days I don’t want to talk and days I call you some bad words. The reason I do this is because I know I’m safe with you”.