

We asked young people...

“How would you like adults to talk to you about your mental health?”

familysmart.ca

The following are their words put into an

“Unfolding Conversation”

DON'T SAY...

I can't sleep.

How about you go to bed earlier and get off your phone.



SAY...

I can't sleep.

What do you think is going on?
Is there anything that helps with your sleep or that you might want to try, like a bedtime routine?



DON'T SAY...

You're making me upset.

No I'm not, I don't control how you feel.
You choose to be upset. I'm telling you the truth.



SAY...

You're making me upset.

I'm sorry, that's not my intention.
This conversation is important to me, can we try again in a bit?



“Unfolding Conversations”

Here's their

Are a big deal to young people, and it impacts their mental health

Caring Connected Relationships



Hey, I don't feel good.

Can I talk to you about something?

DON'T SAY...

What? Your life is so easy. Stop looking for attention and figure it out.



Hey, I don't feel good.

Can I talk to you about something?

SAY...

Of course. Can I ask questions or do you want me to just listen?



No one likes me at school.

No one wants to hang out with me.

DON'T SAY...

We like hanging out with you. Don't worry about them. One day school won't matter.



No one likes me at school.

No one wants to hang out with me.

SAY...

Is there anything I can do to be helpful? What do you need?

