

Step-by-Step Guide to Facilitate Difficult 1:1 Conversations at School



SPACE

Find a private and safe space to talk (if during class time, can break students into pairs or small groups to allow time to communicate with student 1:1)

PAUSE

If the student is escalated, allow them time to pause and sit with their emotions then ask permission to begin conversation (can practice empathy here)



CLARIFY



Once the student is ready to communicate, seek clarification by using motivational interviewing skills, such as asking open ended questions to gather more information about the issue/concern and reflecting back (I.e. What I hear is that you are feeling __ about ___.)

REFER

Work with the student to define their issue(s), next steps, and appropriate resources if needed. If there is a concern about suicidality, be sure to refer to and inform appropriate mental health staff at school as soon as possible (school policy/procedure)

