



ORGANISATIONAL GUIDELINES





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REACTING TO EMOTIONAL AND BEHAVIORAL ISSUES:

- Remain calm and composed.
- Show empathy and understanding.
- Create a safe and private environment.
- Engage in active listening without making snap judgments.
- Set clear boundaries while validating emotions.
- Offer guidance and support, including professional help if needed.
- Implement de-escalation techniques.
- Involve the young person's support network.
- Take care of your own well-being as a caregiver

DESIGNING ACTIVITIES:

- Understand each individual's needs.
- Establish a safe environment.
- Seek for therapeutic approaches if needed from professionals
- Encourage involvement and praise good behavior.
- Tailor challenges to each participant's capabilities.
- Foster healthy relationships through cooperative activities.

METHODOLOGIES FOR COURAGEOUS INTERACTIONS:

- Provide a clear framework for activities.
- Build trust through group exercises and discussions.
- Welcome different opinions and encourage vulnerability.
- Ensure everyone has the opportunity to speak.

ACTIVE LISTENING:

- Create a positive atmosphere.
- Focus on understanding the young person.
- Avoid negative criticism and maintain curiosity.
- Observe nonverbal cues and allow silence for thought.



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BUILDING TRUST:

- Present facilitators and the framework clearly.
- Allow everyone to share information in the group.
- Conduct team-building exercises to enhance trust.

INCORPORATING MOVEMENT AND NATURE:

- Use movement to reduce stress and foster connections.
- Engage in activities outdoors for a more relaxed and trusting atmosphere.

DO'S AND DON'TS FOR YOUTH WORKERS:

- Be respectfully curious and understand the complexity of each individual.
- Avoid giving direct advice or criticizing behavior.
- Don't use meditation with disoriented individuals.
- Keep discussions private and avoid creating drama.

SUPPORT FOR PROFESSIONAL HELP:

- Encourage seeking professional help when symptoms persist.
- Assist in finding support for severe cases or suicidal tendencies.

YOUTH WORKER SELF-CARE:

- Understand your role and limits.
- Practice self-care to maintain mental and physical well-being.
- Develop self-empathy and find support networks.
- Set clear boundaries between work and personal life.
- Regularly practice activities that help you relax and stay centered.