

“Unfolding Conversations”

Here's their

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

Caring Connected Relationships



DON'T SAY...

I'm gross and no one likes me.



That's not true! I like you and think you're great!



SAY...

I'm gross and no one likes me.



It must be hard not to feel good about yourself. I'm sorry that you are having a hard time. I hope you know I care and I'm here if you want to talk.



DON'T SAY...

I don't know what's wrong with me.



There is nothing wrong with you. You're fine.



SAY...

I don't know what's wrong with me.



What's been going on for you lately? It's okay to not be okay sometimes.



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”

I can't do this anymore.
It's never going to be different.
I'm too messed up, I don't want to do it anymore.

DON'T SAY...

Don't be so dramatic.
You are too young and have no idea what hard is.



I can't do this anymore.
It's never going to be different.
I'm too messed up, I don't want to do it anymore.

SAY...

It sounds like you have been dealing with a lot, that must be very intense for you.
You're not alone, maybe there is someone we can talk to?



You have no idea what it's like for me to go to school every day.

DON'T SAY...

You better get used to it because that's how life is.



You have no idea what it's like for me to go to school every day.

SAY...

You're right. I don't know how hard it is. What is it like for you when you go to school?

