Checking In With a Young Person

A handout for adults who support youth

Pick a quiet moment and say what you noticed.

Try: You seemed quieter after school. Want to talk or sit together?

Give them time. You can offer to listen, go for a walk, or check in later.

Try: Do you want me to listen or help you figure out a next step?

Thank them for telling you. Ask what would make tomorrow easier.

Try: I’m glad you told me. What would feel helpful tomorrow?

Follow through. Agree on when you will check in again.

My next check-in: _____