

Visualization  
Activity  
#1 Handout

# How I will use...

## Steps for Supporting Youth

### Start the Convo

#### Visualize

- Where you're at with youth
- What does your Body Language say?

#### What will you say?

### Listen & Ask Questions

#### Visualize

- What words to use to validate youth concerns & dig deeper?
- Your takeaway hope

#### What will you say?

### Connect to Support

#### Visualize

- Talking with youth's trusted adult
- Local Crisis & Counseling Services
- How you will follow-up afterwards

#### What will you say?

