

Build One Support Request

Teens and supportive adults | Clinicians | 50 minutes

Help a teen rehearse one support request and identify a safe next step.

Offer speaking, writing, drawing, or passing. Begin with the teen's priorities and an accurate review of privacy. The session outcome is a request in the teen's own words, with a chosen recipient and backup plan.

Minutes 0 to 8

Check current concerns, safety, and what the teen wants from the meeting. Review confidentiality and offer a starting choice using TEN08. Address urgent concerns before proceeding.

Minutes 8 to 18

Use TEN02 to identify one specific pressure and separate the teen's possible action from support or environmental change that is needed.

Minutes 18 to 28

Use TEN01 to identify an appropriate recipient. Ask what the teen knows about this person's reliability and whether approaching them could create problems.

Minutes 28 to 40

Use TEN03 to write and rehearse the request. Practice a helpful response and an unhelpful response. Let the teen choose the wording and whether actual outreach is appropriate.

Minutes 40 to 46

Plan when, where, and how to ask. Choose a backup person or a clinician-supported alternative. Confirm what information the teen wants help sharing and the limits that apply.

Minutes 46 to 50

Invite feedback about the session. Ask the teen to describe the next step in their own words. Confirm follow-up and how to reach support if safety concerns arise.

Chosen request, recipient, and backup plan