







How to use this activity guide:

-  Conversation starters
-  Suggested actions
-  Actions to avoid
-  Note-worthy point

The CO-LATE model helps children and young people build strong relationships. It also encourages them to seek help when they need it.

CO-LATE means:



- C**onfidentiality
- L**isten
- A**cknowledge concerns
- T**alk about options
- E**nd with encouragement



Confidentiality

A child or young person needs a safe and confidential place to share their thoughts and feelings. However, it is important to explain what confidentiality means.

Discuss the types of things that can be kept confidential and explain when it might be necessary to share information with someone else like a parent or principal.

-  "There are some moments when I can keep what you share between us. There may be times to share this information with your parents or the principal if I think you need more support."
-  It is important to note that if you suspect abuse or neglect, or a child discloses they have been harmed or are at risk



- ✔ Allow enough time to discuss the problem. This might mean rescheduling the conversation to a more appropriate time.
- ✔ Use active listening skills (for example eye contact, open body language, undivided attention) to reassure the child or young person that you are interested in their concern and want to help the situation.
- ✔ Use non-invasive communication options such as 'walk and talk', shooting hoops and open-ended questions to encourage conversation.

.....

Acknowledge concerns

Acknowledgement can help validate a child or young person's feelings and in turn, strengthen the relationship and their sense of wellbeing.



.....