

FIRST AID

5 steps protocol for youth workers
working with youth in distress

1. Inform your coworking pair where you are and with who.
2. Provide a safe space, where you can talk alone.
3. Take a few deep breaths and trust in yourself.
4. Remember you are here for support, not rescue.
5. Beware of questions you ask and summarize what you hear.

Inform your coworkers about what
happened & next steps.

Four horizontal lines for writing on a yellow background.

