

# Teaching Teachers

## How to Talk to Teenagers



### Do's:

- \*Teachers need to look out for if students are struggling
- \*Talk in a calm voice and be respectful towards students
- \*Understand where students are coming from and acknowledge if they need time
- \*Understand that makeup can be a form of self care and affects confidence and mental health of students
- \*Make sure that there is somewhere for students to have space to cool off
- \*Always show empathy, fairness and equality towards students

### Don'ts:

- \*Don't punish students if they have taken time off for mental health days
- \*Don't shout and lose your temper when trying to talk to students - this just causes students to feel disrespected and not understood
- \*Don't be sarcastic or rude
- \*Don't minimise mental health issues or act like the student is being dramatic
- \*Don't show favouritism
- \*Don't send them back to lesson when they don't seem ready
- \*Don't treat mental health as less important than school work