

# Being Unique- *How can we support young people to be themselves?*



Accepting our own differences and the differences of others



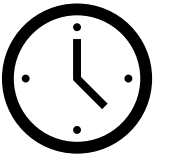
Not pressuring young people into a label



Helping them find other people like them to connect with.



Giving them time to explore who they are in a safe space



Allowing them to ask questions without fear of punishment or dismissal



Supporting them to express themselves without judgement or imposing expectations



# Being Unique- *Using 'Did you hear me?' & 'Who I am..' resources from the website*

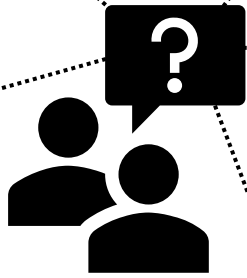
What helped one young person to feel free?

How did the young people experience acceptance?

How might you help young people explore who they are without using labels?

How might you demonstrate acceptance to young people struggling with their identity?

What might be the impact of avoiding difficult conversations with young people?



## Suggested Activity:

1. Watch both videos on the website
2. Think about the young people's experiences using these questions
3. What learning might you take from this when supporting young people?