



HOW TO HAVE HEALTHY BOUNDARIES

In this day and age we are contactable 24/7 via every type of social media or messaging service. This can cause some stress if a young person is going through something or needs extra support. They will often reach out to multiple people, in multiple ways and not just during acceptable hours.

Each person, and relationship is different, and you must be aware of what is healthy and helpful for both yourself and the young person as you support them.

Always communicate in ways you are comfortable with, and that are inline with Ivy's Safeguarding Policy.

Always as much as possible try and communicate with young people in a group setting, even if they are in real need, they often understand that having a few adults looking out for them together is great, and will be up for setting up a Whatsapp or fb message group with a few key adults, to save you from carrying the burden on your own. Try and work with this method as much as possible. A vulnerable young person will often tell multiple people their problems, but make them feel like they are the only ones carrying the burden. Try and stop this from happening by joining these adults together in the messaging group.

Always be up front with a young person about the how and the times they can get hold of you, and don't feel like you need to answer straight away at all times of the day or night, unless it is actually an emergency. Often they do not see a problem with time, but also they will try and see what you will respond to, so make sure you are aware of and in charge of how you respond.

Always tell your team builder/site leader/safeguarding officer if you are getting into conversations of a more vulnerable/pastoral nature with a young person.

Keep an account of the conversations - never use snapchat for conversations as it disappears.

Always fill out a Cause for Concern form if you are worried about anything, but always communicate with your leader about it.

A vulnerable young person often will have other key workers in their lives too, see if these can be contacted and a whole life plan be put in place, and communication between all agencies is clear. You never have to support a young person on your own. This is what the youth team, the church and the wider agencies are for.

If you need any support in anyway over a young person or the issues they bring up, please don't hesitate to be honest and tell your team builder/Ivy Youth Central or your site leader.