Being an Askable Adult

**ROHAN’S STORY**
Rohan is 14, a freshman in high school, and a member of his school’s competitive marching band. He lives with his grandmother who has recently been diagnosed with breast cancer. Rohan has had a hard time sleeping and is feeling overwhelmed by school and his concern for his grandmother.

**How to be Askable**
- Convey warmth through body language
- Use a nonjudgmental tone of voice
- Use open-ended questions
- Practice active & reflective listening
- Do not make assumptions
- Give affirmations; do not deny, criticize or shame
- Make sure conversation focuses on adolescent
- Provide clear information, no opinions
- Discuss confidentiality

**Adult** | **In what ways was this adult askable or not askable?**
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Grandmother |  
Mr. Davis |  
Ms. Lin |  
Mr. Garcia |  
Ms. Harris |  