





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

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.

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