

PEP Assist Connection Tips

Adopt the 2 x 10 Approach

It's a simple strategy to connect, then build trust and relationships



Spend 2 minutes each day talking to a young person about anything but school. Start with simple questions.



Let the young person choose the topic or steer the conversation.



Do this for 10 consecutive days. Consistency is key and shows the young person this can be a stable relationship.

Offer Praise

A simple strategy to connect with students and strengthen your relationships



Provide specific, contingent, on-time praise as often as you are able. Tell students specifically what you saw when the behavior actually occurs and immediately following.

Formula

Student's name + Praise statement + Behavior = Behavior-Specific Praise

Example

Marc, I like how you returned to your seat without being asked.

Try Active Listening

ENCOURAGING & ELICITING TECHNIQUES

Sometimes, connecting and building trust with kids comes down to listening and trying to understand their perspective.



Minimal Encouragement: Use when the person is already talking.

Example: "uh-huh", "go on", "I see"



Door Openers: Use to invite the person to talk more.

Example: "I'd like to hear more." "Tell me about that."



Reflection: Use to summarize what the person said.

Example: "So, you're feeling left out."



Open Questions: Use to encourage the other person to express feelings or talk more.

Example: "How did you respond?" "What happened next?"

Use Open-Ended Questions

Student dysregulation is usually **higher at the end of the year**. Your language makes a difference when handling these situations.

Use **open-ended questions** with language that does not accidentally insinuate that the child is "bad," and which **keeps defenses down** and allows for **genuine processing**.



Instead of saying...

- What's wrong?
- Why did you do that?



Try:

- What happened?
- What were you thinking of at that time?