

## If you hear a "Yea, but..."

Explore the situation together, evoke curiosity, and build motivation by reflecting their:



### Ability to change

Prompt it by asking:  
*"How would you change it if you wanted to?"*



### Desire to change

Prompt it by asking:  
*"What would it mean for your life if you changed?"*



### Reasons to change

Prompt it by asking:  
*"What are the good things that could come out of changing?"*



### Need to change

Prompt it by asking:  
*"How important is it for you to change?"*

Explore the situation together because people are more likely to act on solutions they have thought of themselves than those given to them by others.

Ease up on the pressure if you see defensiveness, resistance, or denial. Reflect, apologise, affirm, or shift focus to get back to exploring.



For more support, students can speak to:



For more information and training visit:  
[tuturu.org.nz](http://tuturu.org.nz)

To find the right alcohol and other drug service or for more support call the Alcohol Drug Helpline on:  
**0800 787 797**



# tūturū

Quick reference guide to support students

## Have you noticed changes in a young person?

Let them know by:

Pausing and preparing to connect. Remember to be

Non-judgemental | Encouraging

Compassionate | Genuine

Honest | Optimistic

Using conversation starters to open up a dialogue

"I noticed... how are things going?"

"What's up?" | "Are you ok?"

Listen

## Does it need to go to the next stage?

If it's part of your role or you've done further training you can continue to explore by:

### Signposting that



- You have a role to look out for their wellbeing as part of a team
- What you talk about will be confidential within the support team
- What the flow of questions will be

### Having an open mind



- Listen without judgement

### Asking



- What matters to them
- For permission before giving tips

Explore challenges from alcohol and other drugs by asking:

- ▶ Have you ever ridden in a **car** driven by someone (including yourself) who was high or had been using alcohol or drugs?
- ▶ Do you ever use alcohol or drugs to **relax**, feel better about yourself, or fit in?
- ▶ Do you ever use alcohol or drugs while you are **alone**?
- ▶ Do you ever **forget** things you did while using alcohol or drugs?
- ▶ Do your **family or friends** ever tell you that you should cut down on your drinking or drug use?
- ▶ Have you ever gotten into **trouble** while you were using alcohol or drugs?

Refer to the pastoral care team for them to complete a Substances and Choices Scale if the student answers yes to two or more questions.

## If a young person is using substances:

Share this list of actions that worked for other young people to help them avoid problems. Talk about which could work for them.

### Keep connected to people and activities that don't involve substances

- Spend lots of time doing positive substance-free activities with people who care about you

### Have a break for a few days/weeks or stop using

### Reduce the amount used

- Buy or bring less
- Have more time between using
- Have a non-alcohol drink between alcoholic drinks

### Know what you are taking and what the effects will be

- Plan ahead and know how you will get home safely
- Decide what and how much you want to use when sober

### Be safer when using by

- Avoiding mixing substances
- Setting limits, such as one standard drink per hour, to avoid messy situations
- Keeping hydrated and eating first
- Only having sexual activity when it is wanted by all parties and done safely
- Staying with your mates when going out and looking out for each other
- Trying a small amount and waiting for the effects before having any more

### Prepare for recovery

- Avoid using before important activities. The recovery can last a few days.

### Think ahead

- Spot problems early by identifying how this could be affecting your wellbeing and future and making changes.