

## **SAYiT Young People – Expectations Document**

01/07/24

The SAYiT young people discussed their expectations of people who come in to work with them. It is important that young people feel comfortable whenever they engage with other organisations or visit other sites.

SAYiT staff are always on hand to make sure everything goes smoothly, but the young people do have a few expectations they would like to be passed on to others:

### **Respect**

- Be mindful of language.

Do not use language that's discriminatory, and ensure sensitivity when discussing social issues (having a basic awareness of up-to-date LGBTQ+ terminology, for example).

- Be respectful of young people's pronouns.

Usually, people will be wearing a sticker stating their name and pronouns, but there's no harm in asking if you forget.

- Be willing to learn from young people.

They often have valuable insight and knowledge, so listen when they speak and take on board what they have to say.

- Be open-minded.

Leave any preconceived notions at the door, and engage with young people without speaking over them.

### **Participation**

- No pressure to engage.

Pressure is more likely to cause the young people to retreat into themselves, and be less likely to participate. Youth groups are voluntary. This isn't school, some young people might not want to participate or observe before they do, and that's OK.

### **Flexibility**

- Take a flexible approach.

Sometimes, young people might not respond to certain styles of communication, so it's good to be able to adapt session plans if needed.

### **Accessibility**

- If videos are part of the session, are they captioned?
- Is the building accessible?
- If a young person is struggling with sensory overload, they may need space and a quiet environment in order to calm down.

Sessions must be accessible as possible, and external organisations should be open to feedback, so that young people can make suggestions and aid with this process.