

Letter to supporter

This is the kind of letter that practitioners could send to supporters

Dear Supporter

We are delighted that you have agreed to support _____ (parent/carer name) in their effort to achieve the goal of _____ (name specific goal identified by parent/carer). Your support can be extremely helpful in ending this behaviour and preventing things getting worse. We have outlined some information which you may find helpful in your role of supporter.

- There are different ways in which supporters can help. You might choose to help emotionally or practically. You could mediate, you could physically protect or anything else which you might find beneficial to the families needs.
- Let the young person know that you have been requested by their parent/carer to help put an end to their extreme behaviour and that you find the behaviour unacceptable. Tell them you love/care for them but that you are committed to helping put an end to this behaviour.
- If parent/carer tells you that there has been an incident of violence it would be helpful for you to contact the young person to let them know that you are aware of the incident. Tell them that you love and support them but that you stand with their parent/carer in putting an end to this behaviour. You may choose to do this over the phone/text/email/letter or in person.
- If the young person is happy for you to do so, you can offer to mediate between them and their parent/carer. This may make the young person feel less isolated.
- If things within the family are escalating your presence may help de-escalate.
- You can support the parent/carer during the sit-in or announcement if requested by them.
- You may feel angry towards the young person however please aim to remain calm and neutral in your tone of voice and body language. Parent/Carer is trying to influence change in this same way. It is a more powerful way of communicating with a young person such as _____.
- Once you have spoken to the young person it is best not to engage in a conversation or to get drawn in by them if they are making excuses.

Please do not contact _____ (the young person) until _____ (parent) has asked you to do so. Furthermore, please carry out the specific instructions that _____ (parent) has asked of you, they are being carefully guided in this process.

Thank you again for your support, it will make a difference.

Best wishes,