

# Guide for Parents and Guardians

Listening, responding, privacy and safe referral.

---

## Create a calm opening

Choose a private time, listen more than you speak, avoid blame and acknowledge the young person's feelings even when you see the situation differently.

## Helpful responses

- "Thank you for telling me."
- "I am here with you."
- "We can find support together."
- "Are you safe right now?"
- "What would help you feel supported?"

## Avoid

- Shaming, threatening or dismissing the concern
- Sharing private information unnecessarily
- Using punishment for symptoms of distress
- Leaving a person alone when there is immediate danger

## Seek professional help

**Contact a qualified professional when distress is persistent, severe, affects daily functioning or creates safety concerns. In immediate danger, call Rescue 1122, Police 15, Edhi Ambulance 115 or go to the nearest hospital.**

## Consent and privacy

Explain what information will be shared and why. Obtain consent for photographs, stories and referrals except when urgent safeguarding action is required.