



Talking about safety with adolescents

1. **How are you doing?**
2. **What things have been going particularly well in your life?**
3. **Are there people in your life that you trust?**
Are any of them adults?
4. **Very few families never argue. What happens when there is an argument in your family? What about with friends?** Arguments can be resolved in many ways, such as by talking, sulking, shouting, throwing things or slamming doors. Sometimes people hurt others, and it can happen that the police need to be called.
5. **How are arguments settled in your family? How do they usually end?**
6. **What things and situations scare you?** Some young people have experienced threatening situations with physical or mental violence or their privacy has been violated (for example, someone has read their personal diary). Who could you turn to in situations like this? What should change so that you would no longer be frightened?
7. **What do you do that helps you when you are frightened?** Many young people like music, and others like being outdoors or doing sports. For many young people, it is important to talk to someone. **What helps you to prevent the situation from getting worse??**
8. Some young people have said that loneliness is sometimes so difficult to take that they want to hurt themselves or use alcohol or drugs. **What do you do when you feel lonely? Do you have a special place or something you do that makes you feel better?**
9. **What things bring you joy and make you feel better?**
Could I do anything?
10. **Is there anything else you would like to talk about that I should have asked?**



Instructions for workers

Turva10 is a tool for bringing up different topics with young people aged 13–17

The purpose of Turva10 is to support the start of discussions with a young person when talking about experiences of safety and insecurity. Experiences are addressed in a way that, from the young person's perspective, supports his or her well-being, empowers him or her, and increases his or her safety. Turva10 is not a screening tool for abuse or violence.

During a discussion, the worker brings up safety-related issues, and the young person can share his or her thoughts and feelings, fears and any possible violence that he or she has experienced. Turva10 can be used with all young people, and it does not require the worker to be concerned about the young person's insecurity or abuse. Turva10 can be used for bringing up safety-related topics with young people aged 13–17.

Instructions

On the recommendation of young people who are experts by experience, the questions include set answers that make it easier to answer.

It is important that you do not lead young people in the answers but maintain a safe atmosphere and give them positive feedback about their safety experiences. Be there

for the child and stay sensitive. Ask additional, open-ended questions. Take note of how your actions affect the young person. Show that you care.

If a young person tells you that he or she has experienced violence or if you become concerned, talk to the child about involving other people: tell them that you will contact the guidance centre for young people or a social worker in the family services in your area, for example. It is important that you tell the young person about everything you do. Ensure that you are familiar with your organisation's guidelines on how to file a child welfare notification and how to report an offence.

Using Turva10 may provoke different thoughts or feelings in a young person. Please make sure that, if necessary, the person has the opportunity to continue the conversation about his/her safety either with you or somebody else who can help. Also ensure that you know how to contact the services for young people and the family services, the safe house for young people and the nearest refuge in your area so that you can guide the young person to these services if necessary.

There are also online services for young people:

- nettiturvakoti.fi • nuortenexit.fi • nuoret.riku.fi
- keijunvarjo.fi • sekasin247.fi • violary.fi/myspace



- + Support the child's agency
- + Enhance the child's self-image
- + Ensure the child is safe



- Turva10 is not an assessment tool
- You do not need to go through everything; just one question can spark a discussion
- Do not use if the child is undergoing a forensic psychological evaluation



Further information:

www.ensijaturvakotienliitto.fi • toimisto@etkl.fi

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