

Interviewing tips

Listening skills - allow teen to explore their thoughts and why they think that way

Ask permission - before delving into sensitive areas & give permission not to answer

Compliment them - on turning up; on discussing a sensitive issue; on an aspect of their person

Interviewing tips

Scaling question

How do you feel in yourself, at school, at home?...



Interviewing tips

The normalising question

‘Sometimes when people feel sad they feel like hurting themselves. Have you ever felt like this...?’

Interviewing tips

Talking about others first

‘Many young people your age are starting to experiment with... have any of your friends tried?...how about yourself?’

Interviewing tips

Let them teach you a few things

‘Tell me what it’s like at parties these days...’

‘What does.....mean?’

from Dr Michael Schwarz, Adolescent Psychiatrist,
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Interviewing tips

The multiple choice question

‘Did that make you feel confused or sad?’

‘Have you tried other drugs such as
ecstasy, cocaine, speed...’

**Don’t argue with them – stay one
down**

Interviewing tips

Suggest an explanation and invite them to agree or disagree

‘You may disagree with this but it seems to me that you feel abused...’

Interviewing tips

Magic wand

If I gave you a magic wand and you could change 3 things what would you change?

Humour (as long as not sarcastic)

Interview in other settings

Interviewing tips

Effects & regrets...

‘What effects did getting drunk have on you?... Any regrets?...’

Interviewing tips

Positively reframe their lives

Offer hope eg: for depressive illness

‘You may not believe this now but I’ve seen many young people in your position & they have got better – you can get better from this...’