



“Let’s Talk about Children” Discussion

Brochure for adolescents at a unit for minors

Would you like to discuss your matters with someone? Our unit for minors uses a so called “Let’s Talk about Children” Method that aims to support young people's well-being and daily life. If you want to talk to someone, you can book a “Let’s Talk about Children” Discussion that lasts between 60 and 90 minutes. After the discussion, we can talk together about whether you need support and who could help you to get it.

Topics covered in a “Let’s Talk about Children” Discussion:

- How is your daily life at school, at the unit for minors and in your free time?
- What protective factors do you have in your life?
- What are the strengths and vulnerabilities that you have in your life?

In this context, the word “strength” means anything that functions normally.

The word “vulnerability” refers to anything that is causing concern at present or might develop into a problem if nothing is done about it.

Strengths and vulnerabilities emerge in the interaction between young persons and their environment, and it is possible to affect them.



Protective factors help you to cope

Examples of protective factors:

- Daily routines, healthy food and enough rest
- A good relationship with family or other people close to you
- A close relationship with at least one trusted adult (from school, hobbies or the unit for minors, for example)
- An age-appropriate understanding of your situation
- A sense of belonging to your school class or some other community
- Attending school
- Being able to show your feelings and get support on hard days
- Good hobbies
- Peers

Participation in a “Let’s Talk about Children” Discussion is voluntary and does not affect your asylum matter or decision.