

A photograph of two young men in a school hallway. The man on the left is seen from the back, wearing a yellow t-shirt and a large, dark grey backpack. He is looking towards the right. The man on the right is wearing a blue and white checkered shirt and is looking back at the first man. They appear to be in a friendly conversation. The background is a blurred hallway with lockers and a red door.

# Be There

[jack.org](http://jack.org)



# Be There Golden Rules

1

## Say what you see

Speak to the facts without making assumptions

**I've noticed you haven't been coming to class lately.**

2

## Show you care

Simply knowing someone cares and is there for you can make a huge difference.

**I care about you and I'm worried about what I've seen.**

3

## Hear them out

Open up space for them to speak, ask questions, and validate their thoughts and feelings.

**That sounds really frustrating.**

4

## Check yourself

Remember that your goal is to support them, not to judge them or give unwanted advice.

***Am I the right person to provide support at this time?***

5

## Connect them to help

Suggest they reach out to community supports or offer to go with them.

**Have you considered talking to a school counsellor?**