

Young people and mediation

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As a young person do you...



- get cross with your parents a lot?
- feel they criticise you all the time?
- want to shout and walk out when they get at you?
- feel bullied at school?
- feel you don't 'belong'?

- feel like an 'outsider'?
- feel pressured to get involved in stuff you shouldn't?
- feel it's easier to skip school than to go in every day?
- have a hard time with the other people in your youth club or social group and want to stop all the fighting and get on better?
- get involved in things that you don't really feel comfortable with?



As a young person you can...

- learn how to remain calm in tense situations, so that you can express your feelings in a calm and non-emotional way, so that you and your parents can engage in a more meaningful and productive manner.
- understand what bullying is and learn how you can feel better and less pressured by those that bully you.
- feel happier about going to school.
- identify ways to work with people you don't like or respect and get on better with them.
- learn how you can manage bullying.



As a young person engaged in mediation

As a young person you can help resolve your own conflicts and those of others.

You will gain the following skills:

- Co-working (working with someone else).
- Learn how to handle strong emotions.
- Learning how to separate facts and feelings.
- Become an active listener (giving your full attention to the person speaking).
- Learn how to summarise (repeating back in your own words the main points that the speaker has made).
- Demonstrate empathy (reflecting back the feelings and experiences of the speaker).

Get in touch with us and we can help you with all these things!

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free-of charge services can help you:**



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