PRINCIPLES OF EFFECTIVE COUNSELLING

Principles to help assure effective counselling of youth or young people:

❖ Avoid giving advice only and do not impose your personal values.
  ▪ Listen to the young person
  ▪ Help her to evaluate her own situation and behaviour
  ▪ Work with her to identify possible solutions to the problem(s)
  ▪ Be client centered

❖ Respect the young person and encourage her ability to help herself, trust in herself, and take responsibility for her actions and decisions.

❖ Young people are individuals.
  ▪ Emphasize their good qualities and potential.
  ▪ Respect their rights as people.
  ▪ Promote the exercise of their capacity to think and make decisions.
  ▪ Involve male youth wherever the opportunity arises.

❖ Accept the young person and do not judge them.

❖ Maintain confidentiality and privacy, talk where no one can see or hear you.

❖ Ensure counselling on other referral services is available to the young person.