

## 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.