BEST PRACTICES
for Effective Police/Youth Interactions
For Relationship Building & Incident Interventions

1 De-escalation
- Distract youth with out-of-left field question
- Direct youth to concentrate on breathing/counting
- Give time
- Separate youth from each other
  - Use an explanation for the separation to reduce anxiety of friends
  - Riff on comments

2 Listen
- Look for signs of diminished capacity: PTSD, mental illness, etc.
- Allow venting; when repetitive use distraction
- Seek GIGA: Good Intentions Gone Awry
- Re-State youth’s view out loud
- Explain/translate ramifications

3 Explain
- Clarify rules
- Anticipate challenges to the rule
- Explain the reason for the rules
- Explain options (situation/alternatives/choice)

4 Responses at the Incident
- Look for Face-Saving Outcome
- Collaborative Problem Solving
- Set plan of Action going forward – Graduated sanctions
- Check-ins
- Involve Parents

5 Expect Up
- Focus on the positive
- Remind youth of what could be
- Make it clear what to do and how

GENERAL RULES:
Watch Your Pronouns
- Don’t start sentences with “You”
- It’s sad (takes blame off person/situation for what’s sad)
- We need (not “you have to…”)
- We have to figure this out (not “you better get your act together”)

Don’t ask “why”? 
- Ask how
- Ask at what time did you....

Don’t take it personally:
- “Just doing a job.”
- “It’s the law.”

REMEmBER: You may not be a social worker but to keep safe you need to be a psychologist!

Explain why...connect the dots for them...work through the implications.
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<thead>
<tr>
<th>Behavior</th>
<th>Language</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>3.</td>
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**What's the Kid's BLT?**

**What's Your BLT?**