



# Debriefing of teenagers

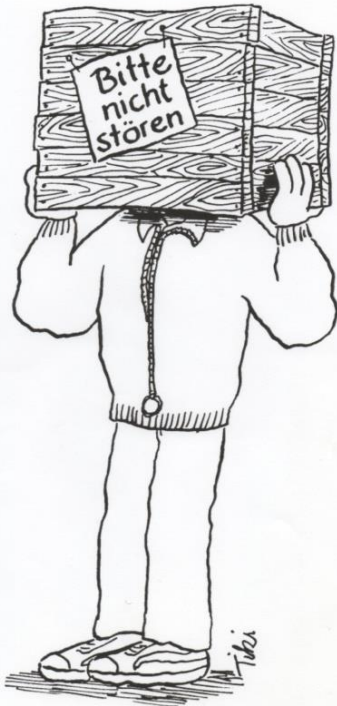
# Is that true ?



- ♦ “The stupid age” (french: l’âge bête)
- ♦ The impossible youth
- ♦ A teenager is a human being between two worlds (stages)

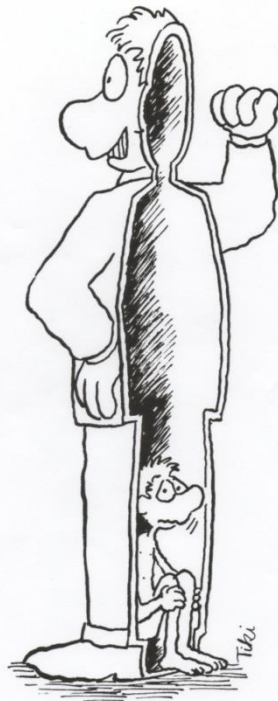
# Characteristics of teenagers

## a) external signs



He wants to live in his own world – often listening to his favourite music with headphones

There is a huge  
difference  
between  
the picture  
he would like to give  
from himself ...



...and the reality



He is very interested in many subjects.

He wants to improve the whole world.



# Characteristics of teenagers

## b) what's going on



- ♦ The challenge to be Teenager
- ♦ Characteristics of this group of age:
  - ♦ - mental abilities
  - ♦ - relationship to adults >< autonomy
  - ♦ - relationship to himself
  - ♦ - relationship to peers

# The needs of the teenagers



- ♦ praise, appreciation, acknowledgement
- ♦ affectionateness, tenderness
- ♦ peer group
- ♦ the permission to argue: he looks for his own position / point of view
- ♦ he wants to express his opinion
- ♦ he needs clear rules

# The needs of the teenagers



- ♦ freedom >< paternalism
- ♦ space for his own experiences
- ♦ trust in him
- ♦ someone who listen to him
- ♦ calmness / dispassionateness
- ♦ don't speak to him only about sex, but about emotions, too.



# Benefits of the debriefing for the teenagers



- ♦ the teenager realizes what is happening
- ♦ he is able to reflect
- ♦ we help him to put words on his feelings
- ♦ he speaks repressed memories out
- ♦ the teenager feels valued as we listen to him

# Challenges to debrief teenagers



- ♦ The mood of teenager can change quickly
- ♦ Some teenagers are allergic to adults can't stand adults → they can provoke
- ♦ some times they are shy doubtful
- ♦ he needs a stable environment

# Principles for a debriefing session with teenagers



- Be always the confident of the teenager!
  - Don't spread out what he says!
- Encourage him to speak
- Listen attentively to what he says – ask questions
- Encourage the teenager to think carefully
- Value the thoughts of the teenager

# Ambience



- choose a pleasant setting (appropriate room, couch) maybe with music of 'his country'
- make him feel at ease (snack, soft drinks)
- speak on the same level
- use simple, but true words
- show your esteem towards the teenager
- express your own feelings, share your experiences

# Methods / Ideas for the debriefing of teenagers



Rather abstract / reflexive methods:

- time line – what happened at which moment?
- compare facts of the two countries
- compare feelings towards the facts of the two countries
- Identify his/her mood / his/her stage in transition (feeling faces, photo language, blob bridge,...)

Symbolic actions:

- Put down burdens
- Charge the camel
- Write down your anger
- unpack ones suitcase

# Practical exercises - Case studies

