

Instructions: Complete solid boxes **before** Plan B, and dotted boxes **during** Plan B.

PLAN B PREPARATION

WHAT is the problem (not behavior) to focus on?

WHO will have the conversation?

WHEN, WHERE and
WHILE DOING WHAT?

TIPS

- ✓ Have the conversation at a time and in a place where everyone can be calm.
- ✓ If your relationship is good, you can start with a tougher problem.
- ✓ If your relationship is not strong, start with an easier problem or someone the youth trusts.

INGREDIENT #1: EMPATHIZE

HOW WILL YOU START the conversation?

TIPS

- ✓ Be specific.
- ✓ Don't focus on the behavior.
- ✓ Stick to the facts; don't assume or blame.
- ✓ Finish by asking, "What's up?" or "Can you fill me in?" or "What's going on?"

As you **GATHER INFORMATION...**

...Remember to ask clarifying questions.

...What educated guesses might you make?

TIPS

Drilling Reminders:

- ✓ Provide reassurance.
- ✓ Ask questions.
- ✓ Take guesses.
- ✓ Reflect what you hear.

Culture & Bias

- ✓ Be curious about cultural implications & mindful of your biases

WHAT IS THEIR CONCERN(S)?

INGREDIENT #2: SHARE

WHAT IS YOUR CONCERN(S)?

TIPS

- ✓ Be specific but brief.
- ✓ Is it about... Health? Safety? Learning? Impact on others?
- ✓ Start with 'And' instead of 'But.'

You're ready for Ingredient #3 when:

- You have two sets of concerns (not solutions) on the table.
- Everyone is calm.

You're ready for Ingredient #2 when:

- You understand their concern(s).
- You've learned something new.
- You can imagine solutions.
- Everyone is calm.



INGREDIENT #3: COLLABORATE

FRAME THE PROBLEM.

"I wonder if there's a way we can address..."

...and also...

...what matters to you...

...what matters to me."

"...Do you have any ideas?"

POTENTIAL SOLUTIONS

Proposed Solution

Proposed Solution

Proposed Solution

Addresses [your concern(s)]? YES NO
 Addresses [my concern(s)]? YES NO
 Is it doable/realistic? YES NO
 Brings up other concern(s)? YES NO
 Notes:

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 Brings up other concern(s)? YES NO
 Notes:

WHICH SOLUTION(S) WILL YOU TRY?

NOTES ABOUT CHOSEN SOLUTION(S) (optional):

WHEN AND HOW WILL YOU REVISIT?



You're done when you have:

- A mutually satisfactory and realistic solution.
- A plan to enact the solution and to revisit if the solution doesn't work.

TIPS

- ✓ Any idea is worth considering. ✓ Let them share their ideas before you share yours.
- ✓ There is no "right" number of solutions to test. Use additional paper if needed.