

# Interviewing tips

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**Listening skills** - allow teen to explore their thoughts and why they think that way

**Ask permission** - before delving into sensitive areas & give permission not to answer

**Compliment them** - on turning up; on discussing a sensitive issue; on an aspect of their person

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## Scaling question

How do you feel in yourself, at school, at home?...

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## The normalising question

‘Sometimes when people feel sad they feel like hurting themselves. Have you ever felt like this...?’

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Talking about others first

‘Many young people your age are starting to experiment with... have any of your friends tried?...how about yourself?’

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Let them teach you a few things

‘Tell me what it’s like at parties these days...’

‘What does.....mean?’

from Dr Michael Schwarz, Adolescent Psychiatrist,  
Albert Rd, Melbourne

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## **The multiple choice question**

‘Did that make you feel confused or sad?’

‘Have you tried other drugs such as ecstasy, cocaine, speed...’

**Don't argue with them – stay one down**

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Suggest an explanation and invite them to agree or disagree

‘You may disagree with this but it seems to me that you feel abused...’

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Magic wand

If I gave you a magic wand and you could change 3 things what would you change?

Humour (as long as not sarcastic)

Interview in other settings



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Effects & regrets...

‘What effects did getting drunk have on you?... Any regrets?...’

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Positively reframe their lives

**Offer hope** eg: for depressive illness

‘You may not believe this now but I’ve seen many young people in your position & they have got better – you can get better from this...’