

RESPONSES THAT EMPOWERS (BASER)

◆ Believe

- Believe that what the peer/person says is of concern to him/her.
- Do not judge the content. Do not determine whether or not the facts accurate. You are here to support that individual, not investigate the case.

◆ Affirm

- "I am glad that you to be here". Whether or not you are the appropriate kind of support, acknowledge the courage it takes to reach out for support. This may be their first time reaching out. Acknowledge this and assure them that you will try your best to assist them.

◆ Support

- Utilize Listening Skills.
- Empathize with and acknowledge their experience.

◆ Empower

- Help the peer/person to identify his or her own choices of action.
- Help to brainstorm self-soothing activities "How can you take care of yourself now. What helps?"

◆ Refer

- Offer to connect with them again.
- Refer to additional resources listed in your resource list.
- If you do not have resources on hand, offer to contact the caller after you have researched resources to meet their needs.

Adapted from Reaching and Teaching Teens: A curriculum for Training Peer Leaders