
ACAT @assoc_cata [month ago](#)

RT @_Common_Room: It's nearly time for our twitter chat on having difficult conversations w/ #CYP - looking forward to chatting with...

Kate Martin @_common_room [month ago](#)

Hi, Kate here. I co-lead Me first & am developing training on difficult conversations with #CYP about #CSE & #Safeguarding #CYPmefirst

WeCYPnurses @wecypnurses [month ago](#)

RT @_Common_Room: It's nearly time for our twitter chat on having difficult conversations w/ #CYP - looking forward to chatting with...

Sarah Lea @sarahrlea [month ago](#)

@RBMefirst Hi Rob! Great, thanks for joining us! #CYPMeFirst

Kate Martin @_common_room [month ago](#)

Woohoo!! Welcome to your first twitter chat, Rob #CYPMeFirst <https://t.co/VsN3xy5SpU>

James William Reid @jwrtalksa [month ago](#)

I'm here and ready! #CYPMeFirst <https://t.co/ABSntfYIpH>

Sarah Lea @sarahrlea [month ago](#)

@_Common_Room Hey Kate! Welcome #CYPMeFirst

Kate Martin @_common_room a month ago
@JWRTalks But where's your cuppa??? #CYPmefirst

James William Reid @jwrtalksa a month ago
@_Common_Room Here! #CYPMeFirst <https://t.co/QuCDF5apmP>

Rachel Naunton @renphysioa a month ago
Hi all, I'm here with my brew ready to chat all things #CYPMefirst Welcome everyone! @_Common_Room @sahrlea @RBMefirst @JWRTalks

Sarah Lea @sahrlea a month ago
Question 1 coming up.... is anyone else with us tonight??? C'mon, get involved guys! #CYPMefirst

James William Reid @jwrtalksa a month ago
@RBMefirst @sahrlea Welcome, Rob, so great to have you here! #CYPMefirst

Olivia Nelson @oliviaj4nea a month ago
#CYPMefirst children don't get taught enough about #cse and the warning signs and risks. Bring it into schools. Open a discussion with #cyp

Sarah Lea @sahrlea a month ago
@JWRTalks @_Common_Room Niiiiice. Love it #CYPMeFirst

James William Reid @jwrtalksa month ago

Where are all the guys from #RCPCH17 - It's #CYPMeFirst Twitter Chat time now!

Sarah Lea @sarahrlea month ago

@oliviaj4ne Hi Olivia! Thanks so much for joining... sounds like you have some great ideas...excited to have you here #CYPMeFirst

Kate Martin @_common_room month ago

@JWRTalks THAT's better... #CYPmeFirst

Rachel Naunton @renphysioa month ago

@oliviaj4ne Hi Olivia, thanks for joining! That's a really interesting point. I wonder how schools tackle this subject #CYPmeFirst @sarahrlea

Sarah Lea @sarahrlea month ago

Q1. Please share your experiences of opening up difficult conversations #CYPMeFirst <https://t.co/ryh5kMGjwP>

Kate Martin @_common_room month ago

@oliviaj4ne Great point and couldn't agree more! What ideas do you have about how to open the discussion with #CYP and #CSE? #CYPmeFirst

Kate Martin @_common_room month ago

RT @oliviaj4ne: #CYPMeFirst children don't get taught enough about #cse and the warning signs and risks. Bring it into schools. Open a disc...

Olivia Nelson @oliviaj4nea [month ago](#)

@RENphysio @sarahrlea A rising concern I think schools should consider, even when teaching subjects like sex ed. Definitely should not be ignored!
#CYPMeFirst

Me First Maura @maura_neilsona [month ago](#)

Welcome to everyone joining our #CYPmeFirst Twitter chat! Remember to hashtag all your tweets and replies with #CYPMeFirst

Rachel Naunton @renphysioa [month ago](#)

Fab to have some young people join tonight @oliviaj4ne @JWRTalks @AmyFeltham @AmyFrouns @_graceadele @AJexists @daisymaytweets
#CYPmeFirst

Rob Brown @rbmeFirsta [month ago](#)

@sarahrlea I have a Social Work background and know that the Signs of Safety model is used a lot lately. #CYPMeFirst

Kate Martin @_common_rooma [month ago](#)

"You can tell when a professional notices something is wrong. If they don't say anything then it makes you feel like..." 1/2 #CYPmeFirst

Andy @ajrobetsa [month ago](#)

On a delayed train due to terminate early at Newcastle, but want to understand how we can bring the conversation into schools #CYPMeFirst

Kate Martin @_common_rooma [month ago](#)

"..it's obviously not that important or it's not much of an issue." 2/2 Young person #CYPmeFirst

Rachel Naunton @renphysioa month ago

It's time! Who's with us? #CYPMeFirst twitter chat about opening up difficult conversations with CYPs? Here's our first question tonight:
<https://t.co/1O1ptL9cv8>

James William Reid @jwrtalksa month ago

@sarahrlea It's difficult to open up generally, often feeling awkward, let alone when it's someone you don't have any rapport/ trust with. #CYPmeFirst

Sarah Lea @sarahrleaa month ago

@olivij4ne @RENphysio Definitely. Do you have any experiences of opening up difficult conversations? Or being on the other side of it? #CYPMeFirst

Sarah Lea @sarahrleaa month ago

RT @maura_neilson: Welcome to everyone joining our #CYPmeFirst Twitter chat! Remember to hashtag all your tweets and replies with #CYPMeFir...

Sarah Lea @sarahrleaa month ago

RT @RENphysio: Fab to have some young people join tonight @olivij4ne @JWRTalks @AmyFeltham @AmyFrounks @_graceadele @AJexists @daisymaytwe...

Kate Martin @_common_room month ago

It would be great to hear more about the Signs of Safety, Rob #CYPMeFirst @signsofsafety <https://t.co/JteTpLKz8a>

James William Reid @jwrtalksa month ago

@RENphysio @olivij4ne @AmyFeltham @AmyFrounks @_graceadele @AJexists @daisymaytweets & @scottscott09 is also with us this evening!
Thanks Scott.#CYPMeFirst

Simon Stones @simonrstonesa month ago

@RENphysio @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH @robbradley01

Hi everyone! I'm on my way back from Manchester, so apologies in advance for intermittent responses! #CYPMeFirst

Sarah Lea @sarahrlea month ago

@RBMefirst Thanks Rob.. I'm not sure what that model is? Do you maybe have any links to it you could share? #CYPMeFirst

Olivia Nelson @oliviaj4nea month ago

@sarahrlea @RENphysio With experience of #cse I've had many conversations with professionals, some that have had a profound affect on how I see cse #CYPMeFirst

Rob Brown @rbmefirsta month ago

@JWRTalks @sarahrlea I think the professional needs to feel comfortable with opening a difficult conversation. #CYPMeFirst

Rachel Naunton @renphysioa month ago

@JWRTalks @sarahrlea Agreed. Little things can make a big difference: saying you want to listen, demonstrate you have time and show that you care #CYPMeFirst

Sarah Lea @sarahrlea month ago

@ajrobots Hi Andy, thanks for joining! Yes I agree, some strategies for that would be a good step forward.... #CYPMeFirst

Simon Stones @simonrstonesa month ago

RT @sarahrlea: Join us tomorrow evening for a twitter chat, 8-9pm it's going to be a good one! #CYPmefirst <https://t.co/syO1x7Dmmn>

James William Reid @jwrtalksa month ago

@RBMefirst @sarahrlea I completely agree, especially when it's a sensitive subject! What can we do to support this? #CYPmefirst

Rachel Naunton @renphysioa month ago

@oliviaj4ne @sarahrlea Can you suggest things they've said or done that make it a good experience? #CYPMefirst

Kate Martin @_common_rooma month ago

@SimonRStones @RENphysio @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH @robbradley01 Welcome Simon! Great that you can join us :) #CYPMefirst

Sarah Lea @sarahrlea month ago

@_Common_Room This is a great quote Kate thank you for sharing #CYPMefirst

Simon Stones @simonrstonesa month ago

RT @maura_neilson: Welcome to everyone joining our #CYPmefirst Twitter chat! Remember to hashtag all your tweets and replies with #CYPMefir...

Rachel Naunton @renphysioa month ago

@SimonRStones @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH @robbradley01 No problem! Thanks for checking in! Do you have any experiences of opening up difficult conversations and what works? #CYPMefirst

Rob Brown @rbmefirsta month ago

@sarahrlea Three simple questions. What are we worried about. What's working well. What needs to happen. #CYPMeFirst

Rob Brown @rbmefirst [a month ago](#)

[@maura_neilson](#) Sarah, it might be useful to focus our discussion on an age group and issue. [#cypmefirst](#)

Judith Staff @jcstaff_ [a month ago](#)

A2 can just keep reminding the child that we can always find someone to talk with. Ask them who their "go to" people are [#cypmefirst](#)

Sarah Lea @sarahrlea [a month ago](#)

[@jcstaff_](#) Yes yes yes... completely agree... and we need to be patient with this. [#CYPMeFirst](#)

James William Reid @jwrtalksa [a month ago](#)

[@ajrobets](#) Once children know that it's okay to talk about their feelings etc - they will carry that onto scd ed - it becomes the norm.. [#CYPmefirst](#)

Rachel Naunton @renphysioa [a month ago](#)

[@jcstaff_](#) [@ajrobets](#) [@WeSchoolNurses](#) [@_Common_Room](#) Yep! And I admire people who demonstrate they have all the time in the world for the CYP even when in reality they're very busy [#CYPMeFirst](#)

Kate Martin @_common_room [a month ago](#)

Love this!!!! [#CYPMeFirst](#) <https://t.co/sdnJD7kptf>

Sarah Lea @sarahrlea [a month ago](#)

@RBMefirst @maura_neilson We could do.... #CYPMefirst. Let's focus on younger children then perhaps

Kate Martin @_common_room [a month ago](#)

RT @JWRTalks: @ajrobets Once children know that it's okay to talk about their feelings etc - they will carry that onto school - i...

Judith Staff @jcstaff_ [a month ago](#)

@sarahrlea Essential!!! Been late for so many meetings because I've stopped to look at child's new Mike the Knight wellies!!! MAKE time. #cypmefirst

Sarah Lea @sarahrlea [a month ago](#)

Are there any words or phrases you use to open up difficult conversations? #CYPMefirst specific to younger children

Andy @ajrobets [a month ago](#)

I worry that the building of new trusting relationships in large sec. sch. Inhibit young people to talk at a difficult time. #CYPMeFirst

Sarah Lea @sarahrlea [a month ago](#)

@jcstaff_ Hehe love this! #CYPMefirst

Louise T Akeroyd @louise_akeroyd [a month ago](#)

#CYPMeFirst Safety is so important, in all aspects. Who and what to share. Public and private conversations

Judith Staff @jcstaff_ a month ago

@_Common_Room Haha, Kate - I must sound like a rebel but it is just basic child-centred practice. #cypmefirst

Rachel Naunton @renphysioa month ago

Here's the next question @sarahrlea @ajrobets @_Common_Room @JWRTalks @SimonRStones @jcstaff_ @RBMefirst @maura_neilson
#CYPMefirst<https://t.co/RFQVkWvQR>

James William Reid @jwrtalksa month ago

@sarahrlea @RBMefirst @maura_neilson I'm workshopping #CYPMefirst at #RCPCH17 on Friday - the focus is U12s.
Younger children are often neglected in choice & voice.

Sarah Lea @sarahrlea a month ago

@Louise_Akeroyd A really good point... we need to think about where we are having those difficult conversations to make sure we keep CYP safe
#CYPMefirst

Judith Staff @jcstaff_ a month ago

@RENphysio @ajrobets @WeSchoolNurses @_Common_Room it is difficult but really what is the point otherwise?
Children test out who is REALLY listening. So stop and look at wellies. #cypmefirst

Kate Martin @_common_room a month ago

#CYP suggest that if we're worried, we should be honest and tell them we are worried and explain why, to show we have noticed
#CYPMeFirst<https://t.co/GwFoG5N8IV>

Judith Staff @jcstaff_ a month ago
RT @sarahrlea: @jcstaff_ Hehe love this! #CYPMeFirst

Kate Martin @_common_room a month ago
Brilliant, James! #RCPCH17 #CYPMeFirst <https://t.co/SXuCmWBPBF>

Rachel Naunton @renphysio a month ago
@Louise_Akeroyd + being explicit about what can be kept private & what would need to be shared for the CYPs safety. & confidence in saying this #CYPMeFirst

Sarah Lea @sarahrlea a month ago
@JWRTalks @RBMefirst @maura_neilson What would you suggest is a word/phrase you could you could open up a difficult convo with an U12? #CYPMeFirst

Sarah Lea @sarahrlea a month ago
@jcstaff_ @RENphysio @ajrobets @WeSchoolNurses @_Common_Room Do you have any ideas of words/phrases that would be a good way to open up a difficult conversation with a little one? #CYPMeFirst

Judith Staff @jcstaff_ a month ago
my background is early years which is a diff convo opener than a 14 yr old. Find a way to enable their voice. #cypmefirst

Tim Atkin @timbaypsych a month ago
For me its about starting with CYP not our own assumptions - #respect for CYP experience first not own ideas - respect #CYPMeFirst in fact!

Kate Martin @_common_room a month ago

@jcstaff_ It's no bad thing being a rebel :) i used to run an advocacy scheme so know the feeling!! #CYPmefirst

James William Reid @jwrtalksa a month ago

@sarahrlea @RBMefirst @maura_neilson A suggestion from a Play Specialist: "I often like to say, mummy has said to me you're poorly and I think I might know why....1/2 #CYPmefirst

Kate Martin @_common_room a month ago

RT @jcstaff_: @sarahrlea Essential!!! Been late for so many meetings because I've stopped to look at child's new Mike the Knight...

Rachel Naunton @renphysioa a month ago

@sarahrlea @jcstaff_ @ajrobets @WeSchoolNurses @_Common_Room I think making an observation and being honest about it is a good way to start "I notice....I'm worried because....." #CYPMefirst

Sarah Lea @sarahrlea a month ago

Yes honesty about what needs to be shared is essential... even with younger CYP #CYPMefirst <https://t.co/JwVa72Bn4t>

Ceri Stokes @ceristokesa a month ago

@ajrobets Safeguarding disclosures peak at 5, 12 & 16yr. All when they go to a new sch. Sometimes a change is confidence to disclose #CYPMeFirst

James William Reid @jwrtalksa a month ago

@sarahrlea @RBMefirst @maura_neilson ...but to make sure I know that i'm right I've just gotta check how you're feeling - is that okay?" #CYPmefirst

Judith Staff @jcstaff_ a month ago

@sarahrlea @RENphysio @ajrobets @WeSchoolNurses @_Common_Room wouldn't go for the "thing", need to let them just talk, the "thing" spills out eventually, but child needs to feel in control. #cypmefirst

Judith Staff @jcstaff_ a month ago

RT @_Common_Room: @jcstaff_ It's no bad thing being a rebel :) i used to run an advocacy scheme so know the feeling!! #CYPmefirst

Sarah Lea @sarahrlea a month ago

@jcstaff_ Great, yes... do you have any words/phrases specific to early years you would use? #CYPMeFirst

Judith Staff @jcstaff_ a month ago

@_Common_Room children's rights being upheld depends on rebels #CYPMeFirst #voc #childsvoice

Kate Martin @_common_room a month ago

@TimBayPsych Welcome, Tim!! #CYPMeFirst

Rachel Naunton @renphysio a month ago

@CeriStokes @ajrobets Really good to be aware of this. Any examples of words of phrases to facilitate this when they're in a new place? #CYPMefirst

Louise T Akeroyd @louise_akeroyd a month ago

#CYPMeFirst Start simply. 'What do you like doing/playing' or recent event ie birthday. Build confidence

Sarah Lea @sarahrleaa month ago

@CeriStokes @ajrobets I didn't know this, thank you for sharing, makes sense...yet does that go against the building rapport first idea though?!? #CYPMeFirst

Andy @ajrobetsa month ago

I am worried about (name what it is) because you (identify behaviour) and I wonder how I might understand that better. #CYPMeFirst

Rachel Naunton @renphysioa month ago

@jcstaff_ @sarahrlea @ajrobets @WeSchoolNurses @_Common_Room Good advice! How do we help them feel in control? #CYPMefirst

Judith Staff @jcstaff_a month ago

@CeriStokes @ajrobets Hi Ceri! *waves under 5s disclose quite unexpectedly and matter-of-factly at times! #CYPMeFirst @_Common_Room

Sarah Lea @sarahrleaa month ago

@JWRTalks @RBMefirst @maura_neilson I like that... a gentle way of getting permission. #CYPMefirst

Sarah Lea @sarahrleaa month ago

@Louise_Akeroyd Thank you, yes rapport building seems to be a real key pin here #CYPMeFirst

Ceri Stokes @ceristokesa month ago

@RENphysio @ajrobets We ask pupils to tell us about themselves. We don't make any presumption and may not know parents, which some pupils prefer
#CYPMeFirst

Judith Staff @jcstaff_ a month ago

@Louise_Akeroyd ABSOLUTELY - excellent starter. Needs to be at child's pace. Older they are more exp they might have had not been listened to. #cypmefirst

Kate Martin @_common_room a month ago

Great example! Can we add this to our #CYPMeFirst top tips for our new communication training on #CSE and #safeguarding? #CYPMeFirst<https://t.co/6LFewNhBmq>

Rachel Naunton @renphysio a month ago

@oliviaj4ne @sarahrlea Great point. Really important to help the CYP feel safe. Any tips on how we can do this, especially if we've just met them? #CYPMeFirst

James William Reid @jwrtalks a month ago

@sarahrlea @RBMefirst @maura_neilson Another top tip - from a GP - I try and build some trust before opening difficult conversations 1/2 #CYPMeFirst

Rob Brown @rbmefirst a month ago

@jcstaff_ @CeriStokes @ajrobots @_Common_Room Younger children respond well to activities, drawing, lego, play dough #CYPMeFirst

Sarah Lea @sarahrleaa month ago

RT @RENphysio: @oliviaj4ne @sarahrlea Great point. Really important to help the CYP feel safe. Any tips on how we can do this, esp...

James William Reid @jwrtalksa month ago

@sarahrlea @RBMefirst @maura_neilsonshowing that it's okay to talk to me helps. 2/2 #CYPMeFirst

Me First Maura @maura_neilsona month ago

RT @RENphysio: Here's the next

question @sarahrlea @ajrobets @_Common_Room @JWRTalks @SimonRStones @jcstaff_ @RBMefirst...

Ceri Stokes @ceristokesa month ago

@jcstaff_ @ajrobets @_Common_Room Yes - they don't realise their life is different so say things as if everyone does the same #CYPMeFirst

Sarah Lea @sarahrleaa month ago

@RBMefirst @jcstaff_ @CeriStokes @ajrobets @_Common_Room And these activities not only help to open up but could be used to assist in telling a story perhaps...? #CYPMeFirst

Rachel Naunton @renphysioa month ago

@jcstaff_ @Louise_Akeroyd This must make it difficult for them to trust people... how can we facilitate them to open up? What comes next? #CYPMeFirst

Judith Staff @jcstaff_a month ago

Toys/books/pictures/objects etc. One child age 15, we just painted our nails in silence. After 3 sessions, she started talking. #cypmefirst

Ceri Stokes @ceristokesa month ago

@RBMefirst @jcstaff_ @ajrobets @_Common_Room 11 yr olds have found creative writing a way of disclosing info #CYPMeFirst

Me First Maura @maura_neilsona month ago

RT @_Common_Room: #CYP suggest that if we're worried, we should be honest and tell them we are worried and explain why, to show we ha...

Olivia Nelson @oliviaj4nea month ago

@RENphysio @sahrlea #CYPMeFirst engage holistically, don't engage on the basis of the #cse but help them connect on a personal level

Rob Brown @rbmefirsta month ago

@CeriStokes @ajrobets Do you have a link for this Ceri? #CYPMeFirst

Andy @ajrobetsa month ago

On the earlier "wellies" theme I have always found it's easier to listen when sharing a task like peeling potatoes. #CYPMeFirst

Me First Maura @maura_neilsona month ago

RT @TimBayPsych: For me its about starting with CYP not our own assumptions - #respect for CYP experience first not own ideas - respect #CY...

Ceri Stokes @ceristokesa month ago

@sahrlea @RBMefirst @jcstaff_ @ajrobets @_Common_Room @jcstaff_ has some great book suggestion #CYPMeFirst

Judith Staff @jcstaff_a month ago

@CeriStokes @ajrobets @_Common_Room #cypmefirst #safeguarding

Tim Atkin @timbaypsycha month ago

Sorry forgot #CYPMeFirst I'd add that you can't fake sincerity & CYP are great at picking that up - so do self awareness check before you go <https://t.co/pNSPZY9rXX>

Me First Maura @maura_neilsona month ago

RT @_Common_Room: Great example! Can we add this to our #CYPMeFirst top tips for our new communication training on #CSE and...

Judith Staff @jcstaff_a month ago

@RBMefirst @CeriStokes @ajrobets @_Common_Room yes, though again, let them say. Might be a way in through Spiderman, dinosaurs...they will tell you what they like. #cypmefirst

Sarah Lea @sarahrleaa month ago

@RENphysio @jcstaff_ @Louise_Akeroyd Undoing a lack of trust would definitely require time being put in. Getting to know them, without a 'hidden agenda'. #CYPMeFirst

Me First Maura @maura_neilsona month ago

RT @sarahrlea: And our 3rd question this evening... which is great that some of you have been sharing already.... what are your to...

Sarah Lea @sarahrleaa month ago

@jcstaff_ Yes! A great one! nail painting is a popular one on the teenage ward I worked on previously. #CYPMeFirst

James William Reid @jwrtalksa month ago

@CeriStokes @RBMefirst @jcstaff_ @ajrobets @_Common_Room Can you elaborate? Be great to use as an example at #RCPCH17 #CYPMeFirst

Ceri Stokes @ceristokesa month ago

@jcstaff_ @RBMefirst @ajrobets @_Common_Room Of course they may wait until leaving time on Friday to tell you something. #CYPMeFirst

Judith Staff @jcstaff_a month ago

@TimBayPsych Tim - so hard all over the country, cannot imagine the trauma in the NW. Supervision for staff key too! #selfcare #trauma #cypmefirst

Rachel Naunton @renphysioa month ago

@oliviaj4ne @sarahrlea Love that. I've found talking about shared experiences can be very valuable to connect. #CYPMeFirst

Emma @lemmapottera month ago

@SimonRStones @_Common_Room #CYPMeFirst I found clinical supervision good for building confidence and skills

Sarah Lea @sarahrleaa month ago

@oliviaj4ne @RENphysio Thank you - yes getting to know THEM. The person. That is essential and a big part of what #CYPMeFirst stands for

Me First Maura @maura_neilsona month ago

RT @sarahrlea: @oliviaj4ne @RENphysio Thank you - yes getting to know THEM. The person. That is essential and a big part of what #CYPMeFirs...

Simon Stones @simonrstonesa month ago

RT @lemmapotter: @SimonRStones @_Common_Room #CYPMeFirst I found clinical supervision good for building confidence and skills

Rob Brown @rbmefirsta month ago

@jcstaff_ @CeriStokes @ajrobets @_Common_Room Yes. The CYP might be more comfortable to talk when the focus is on the activity. Not comfortable with face to face #CYPMeFirst

Ceri Stokes @ceristokesa month ago

@JWRTalks @RBMefirst @jcstaff_ @ajrobets @_Common_Room I have had loads referred through the English department. DM me #CYPMeFirst

Judith Staff @jcstaff_a month ago

@sarahrlea I let that child pick my varnish, she chose me a very ugly colour - prob out of resentment?! I used it anyway haha. Trust built. #cypmefirst

Rachel Naunton @renphysioa month ago

@sarahrlea @jcstaff_ Also great to have an activity to focus on so less pressure on the conversation. #CYPMeFirst

James William Reid @jwrtalksa month ago

@jcstaff_ Love this.... goes to show that silence can be meaningful! #CYPMeFirst

Sarah Lea @sarahrleaa month ago

@ajrobets Agreed! Although never peeled specifically!..Walking and talking is a nice way to take the pressure off a tricky conversation #CYPMeFirst

Simon Stones @simonrstonesa month ago

RT @jcstaff_: @sarahrlea I let that child pick my varnish, she chose me a very ugly colour - prob out of resentment?! I used it a...

Simon Stones @simonrstones [a month ago](#)

RT @RBMefirst: @jcstaff_ @CeriStokes @ajrobets @_Common_Room Yes. The CYP might be more comfortable to talk when the focus is on t...

Simon Stones @simonrstones [a month ago](#)

RT @sarahrlea: @oliviaj4ne @RENphysio Thank you - yes getting to know THEM. The person. That is essential and a big part of what #CYPMeFirs...

Simon Stones @simonrstones [a month ago](#)

RT @RBMefirst: @jcstaff_ @CeriStokes @ajrobets @_Common_Room Younger children respond well to activities, drawing, lego, play dough #CYPMeF...

Kate Martin @_common_room [a month ago](#)

@TimBayPsych I can't imagine how hard it must be for everyone in #Manchester. Thoughts are with everyone helping #CYP and families #CYPMeFirst

Simon Stones @simonrstones [a month ago](#)

RT @_Common_Room: Great example! Can we add this to our #CYPMeFirst top tips for our new communication training on #CSE and...

Sarah Lea @sarahrleaa [a month ago](#)

@Iemmapotter @SimonRStones @_Common_Room Agreed!... my experience was that we didn't have enough of it. Sharing these experiences with colleagues helps us all to develop #CYPMeFirst

Emma @lemmapottera [month ago](#)

[@JWRTalks](#) [@RBMefirst](#) [@sarahrlea](#) [#CYPMeFirst](#) I needed experienced colleagues to tell me about their experiences and it was helpful to observe their interactions with YP

Simon Stones @simonrstones [a month ago](#)

RT [@jcstaff_](#): [@Louise_Akeroyd](#) ABSOLUTELY - excellent starter. Needs to be at child's pace. Older they are more exp they might hav...

Simon Stones @simonrstones [a month ago](#)

RT [@Louise_Akeroyd](#): [#CYPMeFirst](#) Start simply. 'What do you like doing/playing' or recent event ie birthday. Build confidence

Simon Stones @simonrstones [a month ago](#)

RT [@CeriStokes](#): [@RENphysio](#) [@ajrobots](#) We ask pupils to tell us about themselves. We don't make any presumption and may not know pare...

Simon Stones @simonrstones [a month ago](#)

RT [@sarahrlea](#): [@lemmapotter](#) [@SimonRStones](#) [@_Common_Room](#) Agreed!... my experience was that we didn't have enough of it. Sharing the...

Judith Staff @jcstaff_ [a month ago](#)

[@RENphysio](#) [@sarahrlea](#) absolutely. On BBCradio a man at NSPCC conf 2 yrs ago said give a child a blob of blue tak to enable their voice!
[#anxiety](#) [#cypmefirst](#)

Sarah Lea @sarahrleaa month ago

@jcstaff_ Two birds with one stone! Also promoting them having the control over the experience. I like it! #CYPMeFirst

Kate Martin @_common_rooma month ago

My formative years were in Manchester - it's a city of great strength, spirit and love #Manchester #CYPMeFirst <https://t.co/hHm1oWsYVg>

Sarah Lea @sarahrleaa month ago

@RENphysio @jcstaff_ Yes this is definitely what I have experienced #CYPMeFirst

Judith Staff @jcstaff_a month ago

@RBMefirst @CeriStokes @ajrobets @_Common_Room exactly - hence my blue tak tweet I just did - really stayed with me, such a simple idea. #CYPMeFirst

Kate Martin @_common_rooma month ago

Welcome, Emma! Yes so important - i wonder how we can get this for all staff in some way? #CYPMeFirst <https://t.co/kyJ70bCqsu>

Sarah Lea @sarahrleaa month ago

Absolutely. <https://t.co/PIIX9HjgPM>

Judith Staff @jcstaff_a month ago

RT @_Common_Room: @TimBayPsych I can't imagine how hard it must be for everyone in #Manchester. Thoughts are with everyone helping...

TYACancer Coventry @tyacancercovunia month ago

@_Common_Room This would be brilliant and help with joining up services. #CYPMeFirst

Rachel Naunton @renphysioa month ago

@lemmapotter @JWRTalks @RBMefirst @sarahrlea This is a great resource! Fab to learn from peers, group discussion, observation, sharing ideas #CYPMeFirst and twitter chats!!!

Sarah Lea @sarahrleaa month ago

@lemmapotter @JWRTalks @RBMefirst Yes, I think encouraging a culture where we share these experiences and can learn more from each other is how we grow as HCPs #CYPMeFirst

Judith Staff @jcstaff_a month ago

@CeriStokes @sarahrlea @RBMefirst @ajrobets @_Common_Room there's loads of books - loads, for all ages!! Recc #SecretSecret to a Headteacher today. #voiceofthechild #voc #CYPMeFirst @theDaisyLaw

Tim Atkin @timbaypsycha month ago

RT @YPPsych: Sorry couldn't join you tonight but this seems a very fitting note to end #CYPMeFirst #WeStandTogetherManchester...

Kate Martin @_common_room a month ago

Thanks for a great chat everyone #CSE #safeguarding #CYPMeFirst

Tim Atkin @timbaypsycha a month ago

RT @_Common_Room: My formative years were in Manchester - it's a city of great strength, spirit and love #Manchester #CYPMeFirst <https://t...>

Tim Atkin @timbaypsycha a month ago

RT @_Common_Room: Welcome, Emma! Yes so important - i wonder how we can get this for all staff in some way? #CYPMeFirst <https://t.co/kyJ70...>

Rob Brown @rbmefirsta a month ago

@sahrlea @RENphysio @_Common_Room @maura_neilson @jcstaff_ @CeriStokes @ajrobets I need to go now. Goodnight all and thanks for great contributions #CYPMeFirst

Tim Atkin @timbaypsycha a month ago

Time goes faster when talk is meaningful... Thanks for hosting, Kate #CYPMeFirst <https://t.co/cEb8MO1WPg>

Me First Maura @maura_neilson a month ago

Thanks for all your great contributions tonight everyone. So many valuable suggestions to think about and share #CYPMeFirst

Tim Atkin @timbaypsycha a month ago

RT @_Common_Room: WHAT? It's 9pm? How did that go so quickly?!?!?! <https://t.co/R8Gf8A7CDq> #CYPmefirst <https://t.co/Fmh05zSACo>

Tim Atkin @timbaypsycha [month ago](#)

RT @_Common_Room: Thanks for a great chat everyone #CSE #safeguarding #CYPMeFirst

Judith Staff @jcstaff_a [month ago](#)

@RENphysio @Louise_Akeroyd Demonstrate you'll listen, not judge & that they are in control. #cypmefirst @_Common_Room

Simon Stones @simonrstones [a month ago](#)

RT @sarahrlea: @SimonRStones Very true. Thank you. I agree, I feel very privileged when I spend time with a young person I am interviewing....

Judith Staff @jcstaff_a [month ago](#)

@RENphysio @Louise_Akeroyd @_Common_Room 8yr old in school once, abused and so angry, kept screaming everyone's an "f-ing b*tch". I kept saying "I know honey. I know." #cypmefirst

Rachel Naunton @renphysio [a month ago](#)

@lemmapotter @sarahrlea @ajrobets @_Common_Room @JWRTalks @SimonRStones @jcstaff_ @RBMefirst @maura_neilson I think this is a really good tip - using they're language and making sure to actively listen. #CYPMeFirst

Celebrating Adam

@4adsthepoeta [month ago](#)

RT @SimonRStones: We have to remember as researchers that we are privileged to be able to see into the lives of young people...

Emma @lemmapotter [a month ago](#)

@_Common_Room Referrals take time and resources limited #CYPMeFirst

Rachel Naunton @renphysioa month ago

@jcstaff_ @Louise_Akeroyd @_Common_Room Great to show acceptance, validation, showing it's OK and that we're still there to help. #CYPMeFirst

Judith Staff @jcstaff_a month ago

@TimBayPsych @NWAmb_Duncan @ParamedicsUK completely so important for all involved. Own oxygen masks before helping others. #selfcare #Manchester#mentalhealth #trauma #CYPMeFirst

Judith Staff @jcstaff_a month ago

@_Common_Room @maura_neilson @sarahrlea @RENphysio @RBMefirst @CeriStokes @ajrobets Storify is amazing but I have no idea how it works haha. #CYPMeFirst @SayftyCom might be able to help?...

Rachel Naunton @renphysioa month ago

@jcstaff_ @Louise_Akeroyd @_Common_Room So imp to show we're listening as CYPs suggested when creating the first step of the #CYPMeFirst communication model <https://t.co/ZBVd3FNylR>

Deborah Critoph @critoph_debbiea month ago

@sarahrlea sorry I missed this I look forward to joining in July #CYPMeFirst Great work

Rachel Naunton @renphysioa month ago

@MariaCable2 @sarahrlea @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH @SimonRStones@robradley01 Or putting into practice good CYP centred communication into practice this time will help them open up next time you see them #CYPMeFirst

Sharon White (OBE) @saphnasharonobea month ago
@WeSchoolNurses comments? <https://t.co/eC9gEWJ4JL>

Rachel Naunton @renphysioa month ago
@SimonRStones @MariaCable2 @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH
@robbradley01#CYPMeFirst and demonstrating that it's OK to talk and OK not to talk, it's on their terms and that we can sit with the silence

Rachel Naunton @renphysioa month ago
@jstaff_ @sarahrlea Love this! #CYPMeFirst

Siany Sparkles @spencer_siana month ago
RT @RENphysio: @MariaCable2 @sarahrlea @spencer_sian @KathEvans2 @hee_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett
@PookyH...

Rachel Naunton @renphysioa month ago
@CeriStokes @ajrobets Great tip. So important not to make assumptions. Show we're open and accepting to help CYPs to open up when they're ready.
#CYPMeFirst

Emma @1emmapottera month ago
@sarahrlea Thank you. So useful to have the opportunity to share experience and learning #CYPMeFirst

Rachel Naunton @renphysioa month ago

@sarahrlea @jcstaff_ @Louise_Akeroyd In my experience, this time is invaluable. #CYPMeFirst

Nicky Pettitt @nickypettitta month ago

@sarahrlea Aaarrggggghhh! I missed it! Sorry! #lifegetsintheway #toomanyplates Hope it was fab... #CYPMeFirst I'll do better next time!

Judith Staff @jcstaff_a month ago

@RENphysio @lemmapotter @sarahrlea @ajrobets @_Common_Room @JWRTalks @SimonRStones @RBMefirst @maura_neilson

Oh I can SO relate!!! Was in a chat at 2am today & made lots of errors as half asleep. So embarrassing, esp as a teacher! LOL #cypmefirst

Rachel Naunton @renphysioa month ago

@jcstaff_ @ajrobets @WeSchoolNurses @_Common_Room Absolutely love this. Love wellies and welly talk. #CYPMeFirst

Judith Staff @jcstaff_a month ago

RT @RENphysio: @jcstaff_ @sarahrlea Love this! #CYPMeFirst

Judith Staff @jcstaff_a month ago

@RENphysio @sarahrlea great - so simple. He said every office has blob of blue tak on the wall, give it to the child & let them talk. #enablingvoices #CYPmefirst

Rachel Naunton @renphysioa month ago

@jcstaff_ @_Common_Room @ajrobets This approach has also been discussed in #CYPMeFirst training & I agree with it. Now we just have to get that quoted in

national guidelines

Ruth May @rmaynursedira [month ago](#)

RT @RENphysio: It's time! Who's with us? #CYPMeFirst twitter chat about opening up difficult conversations with CYPs? Here's our f...

Rachel Naunton @renphysioa [month ago](#)

@sarahrlea @JWRTalks Most definitely #CYPMeFirst

Juanita Browne @juanitabrowne3a [month ago](#)

RT @TimBayPsych: Need to be open with all CYP @ the moment, to help more useful brave conversations in months to come...