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**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...

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**Kate Martin** @\_common\_rooma month ago

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

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**WeCYPnurses** @wecypnursesa month ago

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

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**Sarah Lea** @sarahrlea month ago

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

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**Kate Martin** @\_common\_rooma month ago

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

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**James William Reid** @jwrtalksa month ago

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

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**Sarah Lea** @sarahrlea month ago

@\_Common\_Room Hey Kate! Welcome #CYPMeFirst

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**Kate Martin** @\_common\_room a month ago  
@JWRTalks But where's your cuppa??? #CYPmefirst

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

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**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

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

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

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**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

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**Sarah Lea** @sahrlea a month ago  
@JWRTalks @\_Common\_Room Niiiiice. Love it #CYPMeFirst

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**James William Reid** @jwrtalksa month ago

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

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**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

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**Kate Martin** @\_common\_room month ago

@JWRTalks THAT's better... #CYPmeFirst

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**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

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**Sarah Lea** @sarahrlea month ago

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

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**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

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**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...

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**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

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**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

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

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

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**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

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**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

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**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

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**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

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**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>

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**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

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**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

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**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...

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**Sarah Lea** @sarahrleaa month ago

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

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**Kate Martin** @\_common\_rooma month ago

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

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**James William Reid** @jwrtalksa month ago

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

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**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

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**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

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**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

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**Rob Brown** @rbmefirsta month ago

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

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**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

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**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

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**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>

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**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

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**Rachel Naunton** @renphysioa month ago

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

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**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

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**Sarah Lea** @sarahrlea month ago

@\_Common\_Room This is a great quote Kate thank you for sharing #CYPMefirst

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**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...

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**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

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**Rob Brown** @rbmefirsta month ago

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

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

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

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**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](#)

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

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

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**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](#)

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**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](#)

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**Kate Martin** @\_common\_room [a month ago](#)

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



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

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

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**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...

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**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

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

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

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**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

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

@jcstaff\_ Hehe love this! #CYPMefirst

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**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

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**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

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**Rachel Naunton** @renphysioa month ago

Here's the next question @sahrlea @ajrobets @\_Common\_Room @JWRTalks @SimonRStones @jcstaff\_ @RBMefirst @maura\_neilson  
#CYPMefirst<https://t.co/RFQVkWvQR>

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**James William Reid** @jwrtalksa month ago

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

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**Sarah Lea** @sahrleaa 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

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**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

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**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>

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**Judith Staff** @jcstaff\_ a month ago  
RT @sarahrlea: @jcstaff\_ Hehe love this! #CYPMeFirst

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

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**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

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**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

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**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

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**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

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**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!

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**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

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**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

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**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...

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**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

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**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>

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**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

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**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

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**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

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**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

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**Sarah Lea** @sarahrlea a month ago

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

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**Judith Staff** @jcstaff\_ a month ago

@\_Common\_Room children's rights being upheld depends on rebels #CYPMeFirst #voc #childsvoice

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**Kate Martin** @\_common\_room a month ago

@TimBayPsych Welcome, Tim!! #CYPMeFirst

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**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

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**Louise T Akeroyd** @louise\_akeroyd a month ago

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

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**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

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**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

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**Rachel Naunton** @renphysioa month ago

@jcstaff\_ @sarahrlea @ajrobets @WeSchoolNurses @\_Common\_Room Good advice! How do we help them feel in control? #CYPMefirst

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**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

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**Sarah Lea** @sarahrleaa month ago

@JWRTalks @RBMefirst @maura\_neilson I like that... a gentle way of getting permission. #CYPMefirst

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**Sarah Lea** @sarahrleaa month ago

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

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**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

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**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

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**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>

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**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

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**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

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**Rob Brown** @rbmefirst a month ago

@jcstaff\_ @CeriStokes @ajrobets @\_Common\_Room Younger children respond well to activities, drawing, lego, play dough #CYPMeFirst

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**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...

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**James William Reid** @jwrtalksa month ago

@sarahrlea @RBMefirst @maura\_neilson .....showing that it's okay to talk to me helps. 2/2 #CYPMeFirst

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**Me First Maura** @maura\_neilsona month ago

RT @RENphysio: Here's the next

question @sarahrlea @ajrobets @\_Common\_Room @JWRTalks @SimonRStones @jcstaff\_ @RBMefirst...

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**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

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**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

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**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



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**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

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**Ceri Stokes** @ceristokesa month ago

@RBMefirst @jcstaff\_ @ajrobets @\_Common\_Room 11 yr olds have found creative writing a way of disclosing info #CYPMeFirst

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**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...

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**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

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**Rob Brown** @rbmefirsta month ago

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

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**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

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**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...

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**Ceri Stokes** @ceristokesa month ago

@sahrlea @RBMefirst @jcstaff\_ @ajrobets @\_Common\_Room @jcstaff\_ has some great book suggestion #CYPMeFirst

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**Judith Staff** @jcstaff\_a month ago

@CeriStokes @ajrobets @\_Common\_Room #cypmefirst #safeguarding

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**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>

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**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...

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**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

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**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

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**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...

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**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

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**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

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**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

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**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

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**Rachel Naunton** @renphysioa month ago

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

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**Emma** @lemmapottera month ago

@SimonRStones @\_Common\_Room #CYPMeFirst I found clinical supervision good for building confidence and skills

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**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

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**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...

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**Simon Stones** @simonrstonesa month ago

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

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**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

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**Ceri Stokes** @ceristokesa [month ago](#)

[@JWRTalks](#) [@RBMefirst](#) [@jcstaff\\_](#) [@ajrobets](#) [@\\_Common\\_Room](#) I have had loads referred through the English department. DM me [#CYPMeFirst](#)

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**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](#)

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

[@sarahrlea](#) [@jcstaff\\_](#) Also great to have an activity to focus on so less pressure on the conversation. [#CYPMeFirst](#)

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

[@jcstaff\\_](#) Love this.... goes to show that silence can be meaningful! [#CYPMeFirst](#)

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**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](#)

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**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...

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**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...

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**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...

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**Simon Stones** @simonrstones a month ago

RT @RBMefirst: @jcstaff\_ @CeriStokes @ajrobets @\_Common\_Room Younger children respond well to activities, drawing, lego, play dough #CYPMeF...

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**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

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**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...

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**Sarah Lea** @sarahrleaa a month ago

@lemmapotter @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

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**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

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**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...

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**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

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**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...

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**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...

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**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](#)

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**Sarah Lea** @sarahrleaa month ago

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

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**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>

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**Sarah Lea** @sarahrleaa month ago

@RENphysio @jcstaff\_ Yes this is definitely what I have experienced #CYPMeFirst

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**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

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**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>

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**Sarah Lea** @sarahrleaa month ago

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



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**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...

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**TYACancer Coventry** @tyacancercovunia month ago

@\_Common\_Room This would be brilliant and help with joining up services. #CYPMeFirst

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**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!!!

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**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

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**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

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**Tim Atkin** @timbaypsycha month ago

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

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**Kate Martin** @\_common\_room a month ago

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

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**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...>

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**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...>

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**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

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**Tim Atkin** @timbaypsycha a month ago

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

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**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

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**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>

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**Tim Atkin** @timbaypsycha [month ago](#)

RT @\_Common\_Room: Thanks for a great chat everyone #CSE #safeguarding #CYPMeFirst

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**Judith Staff** @jcstaff\_a [month ago](#)

@RENphysio @Louise\_Akeroyd Demonstrate you'll listen, not judge & that they are in control. #cypmefirst @\_Common\_Room

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**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....

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**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

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**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

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**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...

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**Emma** @lemmapotter [a month ago](#)

@\_Common\_Room Referrals take time and resources limited #CYPMeFirst

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**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

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**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

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**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?...

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**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>

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**Deborah Critoph** @critoph\_debbiea month ago

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

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**Rachel Naunton** @renphysioa month ago

@MariaCable2 @sarahrlea @spencer\_sian @KathEvans2 @hee\_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett @PookyH @SimonRStones@robbradley01 Or putting into practice good CYP centred communication into practice this time will help them open up next time you see them #CYPMeFirst

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

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**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

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**Rachel Naunton** @renphysioa month ago  
@jstaff\_ @sarahrlea Love this! #CYPMeFirst

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**Siany Sparkles** @spencer\_siana month ago  
RT @RENphysio: @MariaCable2 @sarahrlea @spencer\_sian @KathEvans2 @hee\_lisaBP @JaneMCummings @RMayNurseDir @VivJBennett  
@PookyH...

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**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

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

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**Rachel Naunton** @renphysioa month ago

@sarahrlea @jcstaff\_ @Louise\_Akeroyd In my experience, this time is invaluable. #CYPMeFirst

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**Nicky Pettitt** @nickypettitta month ago

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

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**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

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**Rachel Naunton** @renphysioa month ago

@jcstaff\_ @ajrobets @WeSchoolNurses @\_Common\_Room Absolutely love this. Love wellies and welly talk. #CYPMeFirst

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**Judith Staff** @jcstaff\_a month ago

RT @RENphysio: @jcstaff\_ @sarahrlea Love this! #CYPMeFirst

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**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

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**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

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**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...

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

@sarahrlea @JWRTalks Most defintiely #CYPMeFirst

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**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...