

Strategic Sharing Do's and Don'ts

DO'S	DON'TS
Identify the reason why you want to share your lived experience with a young person	Don't share if your reason centers around your needs and not the young person's
Assess the potential risks and benefits of each sharing situation	Don't share if the potential risks outweigh the benefits
Keep some personal details private and share only what you feel comfortable with	Share out of guilt, feelings of obligation, or for any reason other than that you want to
Prioritize your wellbeing and refer to your safety plan as needed	Risk retraumatizing yourself by sharing or discussing anything that might trigger you
See your supervisor for support if you find yourself oversharing or sharing inappropriate or unnecessary details	Overshare or share inappropriate or unnecessary details with the young person
Use your personality and behave as you normally would	Show excessive emotion or display any behaviors that may be viewed as "over-the-top" or disingenuous
Draw from your experiences to relate to the young person even when you don't share the same exact experience	Don't fabricate experiences to relate to young people or claim to understand experiences you haven't been through
Take cues from the young person for when and what to share	Make a point to discuss what you've been through in every peer interaction
Share in short, relevant "snippets"	Share your entire story all at once
Use strength-based language in your storytelling and when affirming the young person's experiences	Use judgmental or deficit-based language when describing your past experiences or reflecting those of the young person
Share relevant system experience to normalize system involvement and help the young person feel less alone	Share trauma-specifics (unless you are confident that doing so will strengthen your support relationship)
Remember that sharing is about listening to and supporting the young person as best you can	Don't monopolize the conversation or divert attention away from the young person and their goals