

# You have 15 minutes to complete each of the 5 actions!



**RESPECT**

Persons or groups:

1. ....
2. ....
3. ....
4. ....

- How is the person coping with the situation?
- Which of her/his needs are currently threatened?
- How does she/he try to fulfil them?

**What exactly is the problem, what needs to be changed?**

**EXPLORE**

Write down the topics on which you can search for further information here:

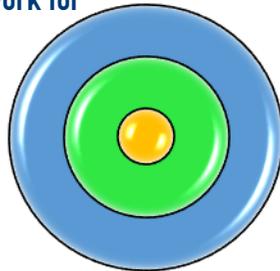
- Sources of information**
- Experts (people who have training and/or experience on the topic)
  - The QR code on your Topic card
  - Newspaper articles
  - Textbooks, non-fiction books, Wikibooks
  - Trusted sites on the internet:



**Summarise the most important information here:**

**PRIORITISE**

Strategies for solving the problem are good if they work for



- the person concerned
- the others
- all together in the future

**represent an improvement or at least not a worsening!**

**OPTIONS**

Option 0: The situation remains as it is now. Nothing is changed.

Option 1:

Option 2:

Option 3:

Option 4:

**DECIDE**




**Evaluation table**

	Consent	Objection	Resistance
Option 0			
Option 1			
Option 2			
Option 3			
Option 4			

**Best Option:**

**CONTACT**

We want to get in contact with these persons:

1. ....
2. ....
3. ....
4. ....

- Contact in four steps**
1. Describe the starting situation
  2. Describe the consequences
  3. Propose a solution
  4. Ask for consent

**Formulate clear sentences!**

**Be sensitive to the situation and the needs of the person!**

It is important that the person being addressed feels understood and not attacked!