

1. Remember - you are a positive role model for young people
  - a. be positive in your approach
  - b. don't smoke or drink in front of young people
  - c. don't attend a TRYS event, activity or club if you are under the influence of any substance / alcohol
  - d. don't use bad language or inappropriate behaviour
  - e. don't engage in jokes of a sexual/ offensive nature
  - f. empower young people to do as much as possible for themselves
  - g. treat all young people with respect
2. Talk to young people and try to be a support to them – aim to build a positive relationship with them – you are not just a supervisor!
3. Treat everybody equally & fairly, even those you find difficult to deal with. This goes for both young people, and other staff and volunteers.
4. Be inclusive of everybody – our programmes and activities are open to all
5. Be a team player!
6. Never be on your own with young people – always ensure that there are other leaders present. There are young people: adult ratios that all leaders must follow – and if you are worried about behaviour within a group or club it is better to have too many than too few leaders.
7. Make sure that the space you are working in is safe and tidy – watch for potential hazards and deal with them immediately or alert someone to help you.
8. Don't touch young people un-necessarily
9. Remember you are in a responsible role – if you find yourself in a situation that you find difficult to deal with, or if you find yourself getting angry or frustrated with young people, walk away and look for help from another leader – never be afraid to ask for support!
10. Never be aggressive, physical and verbally abusive to young people
11. If young people are aggressive or abusive to you – look for help. You are not expected to put up with situations that make you uncomfortable or frightened.
12. Never deal with challenging situations on your own – look for support.
13. Wear appropriate clothing - e.g. sports gear if you are participating in a sport, nothing too revealing etc
14. Remember you are acting in a professional capacity - never swop phone numbers, email addresses, facebook or other social networking sites. If you wish to engage with young people through social networking refer to TRYS's social networking guidelines.
15. Never promise total confidentiality. You CANT keep a secret.
16. It is recommended not to take young people in your car as passengers, and never on your own.

