# PDT ACTIONS

LITTLE ACTS HAVE BIG IMPACT Alex H. McIntyre & Rhiannon Airley

# 1. ACKNOWLEDGE

- RESPOND & MAKE TIME
- INVITATION IN PERSON OR ON TEAMS
- YOUR STUDENT NEEDS TO BE SEEN

#### 2. LISTEN

- GIVE YOUR FULL ATTENTION
- DON'T INTERRUPT
- YOUR STUDENT NEEDS TO BE HEARD

## 3. ASK

- ASK THEM HOW THEY FEEL
- ASK THEM WHAT WOULD HELP
- YOUR STUDENT NEEDS TO BE UNDERSTOOD

#### 4. REFLECT

- WAS LISTENING ENOUGH?
- DOES THE STUDENT NEED SUPPORT?
- DO YOU HAVE WELFARE CONCERNS?

## 5. SIGNPOST

- WHICH SERVICE DO YOU NEED?
- USE PDT TOOLKIT & FAQS
- DOES STUDENT NEED AN INTRODUCTION?
- DO YOU NEED TO INFORM ANYONE?

#### 6. CHECK IN

- HOW ARE THINGS NOW?
- IS MORE SUPPORT NEEDED?
- YOUR STUDENT NEEDS TO KNOW THAT YOU CARE

#### **TUTOR WELFARE**

- ASK FOR SUPPORT PDT LEAD
- REASSURANCE PDT PEER SUPPORT
- ACADEMIC & PASTORAL SUPPORT
- NOT MENTAL HEALTH
- PDT TRAINING

