**What do One Good Adults do?**

One Good Adult can help a young person by:

* Listening
* Helping find solutions to problems
* Accepting young people for who they are
* Challenging them to push their boundaries and open their minds
* Organising classes, homework, trips away, lunches
* Just being there.

The One Good Adult must be a good listener, be able to show empathy or to put themselves in the shoes of the young person to try to understand their experience. They should be non-judgmental, which means no rolling of eyes, tutting or general disapproval.

The main tasks of the One Good Adult are to [**promote and support the mental health**](https://jigsaw.ie/supporting-youth-mental-health/) of the young person and above all to believe in that young person when they might not have much belief in themselves.

**How can ‘One Good Adult’ support young people’s mental health?**

Time and again when we ask young people what made a difference to them in helping them through tough times, they say having someone who listened to them and gave them space to explore and grow was what helped them most.

Listening to young people, giving them time and space and not judging them, is key to being a One Good Adult.

**What difference does One Good Adult make?**

Young people who reported having one good adult tended to have:

* Increased self-esteem
* More success in school life
* Better mental health
* More likely to seek help
* Less risk taking behaviours