



Our Journey Together.....Informed Consent Metaphors



Stop Sign: You have the right to stop me if you are feeling uncomfortable with a question or activity.



Yield Sign: You have the right to ask me to slow down if you feel things are moving too fast.



Locked Box: The information we share is private. This is a safe space for you to share with me.



Key: There are a few situations that might require me to not keep things private. I would need to get some help if: I thought someone was going to harm you or I thought you were going to hurt yourself or someone else.



Puzzle Pieces/Chain: Sometimes it takes a few people to help put the puzzle/Chain together to help you on your journey.



Teeter-totter: Counselling requires both of us to work together. Sometimes you will teach me things I do not know, and sometimes I might help you learn. Lots of the time we will talk back and forth and move together just like two people on a teeter totter.



Mirror: Counselling might help you to see yourself in different ways. You might get to know yourself in different ways as we spend time together.



File Folder: Sometimes I jot things down so that I can remember what we spoke about, or what activities we did together. Then I keep this paper in a private folder in a locked room.



Tissue: Sometimes you might get sad when we talk. If you get sad it is okay and might even help you to feel better.



Glasses: Counselling can help you to see different perspectives. Sometimes looking at things differently is helpful to find different ways of exploring problems or feelings.



Ladder: Some days you might feel like you are climbing and really feeling good. Other days, you might feel like you have taken a step back.



Hour Glass: Our counselling together might happen over a period of time. You can let me know as we move along if it is helping you or if you might need suggestions for something else.



Flashlight: Sometimes counselling can help you to explore bits of light and hope that you have in your life even though you might feel sad or frustrated.



Band Aid: This is a reminder that you are hurting. When we have a big cut, it really hurts and takes time to heal. Sometimes, our cuts are so deep they leave a scar forever, but the cut feels differently as time goes on and hurts less. I am here to be with you while your wound is healing.



Microphone: You get to have control over what you say to your parent/guardian. When we have a session together, you can decide if there is something you would like to share. You also can have a voice in determining when you would like to say no, stop or slow down.



Invitation: Counsellors are people you can trust. However our relationship is different than a friendship. For example, I wouldn't come to your birthday party. When we see each other it will always be here at the counselling office.