

# Quills hurt. Especially when they get under your skin

How to Talk to Porcupines is a workbook designed to help youth workers unlock and hear the porcupine's story to de-escalate prickly situations.

This easy-to-use guide offers a powerful set of tools and practical solutions to the most important challenge for today's youth workers, educators, managers and parents - communication breakdowns.

Awards  
and  
recognitions



## HOW TO TALK TO PORCUPINES



A Youth Worker's  
Communication  
Field Guide

Allegra Birdseye-Hannula

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“ In my 30+ years of supporting young people, I have never seen such a concise way to describe an overall approach to working with young people. It's very cool. ”

- Paul Meunier, executive director, YIPA

### Allegra Birdseye-Hannula

M.S. Teaching | Behavior Change Specialist | Educator | Speaker



Allegra Birdseye-Hannula, M.S. Teaching, is a learning and development expert based in Minnesota who coaches professionals on youth work, communication, and challenging behavior.

Based on her award winning workshops, Allegra wrote How to Talk to Porcupines to help deliver impactful communication and de-escalation strategies to help youth workers address the needs of prickly youth.

