

The ART of Listening

Being a good listener involves speaking and listening. Using effective listening skills helps build and strengthen relationships by demonstrating respect for the ideas and opinions of others.

The steps in the ART of Listening approach can help your adolescent become a more skillful listener:

1. ATTEND TO THE SPEAKER.

- Make the speaker the center of attention using positive body language and eye contact.
- Be sure not to read, text, or look around while the speaker is talking.

If you are distracted, return your eye contact, attention, and thoughts to the speaker.

2. RECOGNIZE THE SPEAKER'S POINT OF VIEW.

- See the situation from the speaker's point of view.
- Listen for what is said and how it is said.
- Stay open to different and valid perspectives, needs, feelings, values, and experiences.
- Avoid judgements.
- Check for understanding by paraphrasing what you think you heard.

3. TAKE TIME TO ASK AND COMMENT.

- Encourage the speaker to tell you more by asking why, where, and how questions.
- Ask the speaker for additional opinions, thoughts, and feelings.

Building Your Adolescent's Social and Emotional Competence

Relationship skills is a social and emotional learning competency that helps adolescents establish and maintain healthy and rewarding relationships with diverse individuals and groups. These activities help adolescents build essential communication skills.

Observe It!

To help your adolescent attend to a speaker, point out facial expressions and gestures in photos that show effective and ineffective listening.

Recognize It!

Create slips of paper with issues to reinforce your adolescent's ability to recognize others' points of view. Discuss the opposing points of view with your adolescent.

Many adolescents are experiencing feelings of uncertainty, anxiety, and fear due to the onset of COVID-19. They need a chance to share their thoughts and feelings and ask questions. Make sure you are accurately informed and ready to educate your adolescent knowing the information is evolving all the time. Get information from: The Centers for Disease Control (CDC) at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

