

Listen So They Will Hear You



1

- **Tell Your Student You Want to Try Something New.**
- **Ask a "tell me about" or "what do you think" question.**
- **Listen carefully.**
- **Don't interrupt.**

2



- **Take 10-30 seconds to think about what you heard.**
 - **Repeat back main points.**
 - **Give them a chance to clarify or correct misunderstanding, or continue.**

3

- **Continue back and forth until your teen feels heard.**



4

- **Return to the beginning of the process by asking your teen to give you the same opportunity to speak and be heard.**
 - **Continue to take turns listening and talking.**

