

How to be a good listener

5th grade lesson

Questions this lesson will answer

- What are good listening skills?
- What is empathy?
- Why are listening skills so important?
- How can a person show they're listening when someone communicates their boundaries?

Why are
listening skills so
important?

Listening skills are important because

- They're good for relationships throughout your life
- People like to be heard
- Listening is a sign of respect
- Using good listening skills is a great way to learn about other people's boundaries

What are
boundaries?

Boundaries

Boundaries are:

- Limits you set for yourself
- It's about doing things you feel comfortable with
- It's also about respecting other people's boundaries

Examples:

- How close people can be to our bodies
- What body parts are OK to touch
- What activities we want to participate in
- What information to share
- The words and phrases we use

What are
examples of
boundaries?

Respecting Boundaries

- “Can I touch your hair?”
- “Can I hug you?”
- “Is it OK if I share this info with a friend?”

Why are boundaries
important?

Boundaries are important because...

- They show others how we want to be treated
- Respecting other people's boundaries shows we care
- We don't want to do things that make other people feel uncomfortable or unsafe
- Everyone deserves to be listened to

Communication Skills

Get ready

We're about to watch a video about how to be a good listener. While watching, think about ways you listen well and ways you can be a better listener.

Video <https://youtu.be/RVqjzzfCEk0>



Reflection

Which of the skills in the video do you feel you use well?
Which skills could you improve?

How can you
show good
listening skills?

Good listening skills

- Pay attention to what the other person is saying
 - Avoid distractions
- Don't be judgmental
- Show empathy
- Only offer solutions when you're asked
- Wait for the person to finish what they're saying before speaking

What is
empathy?

Activity

Trusted adult

- A trusted adult is someone you can talk to about things that are important to you
- You might talk to a trusted adult after something made you feel uncomfortable or scared
- A trusted adult is someone who would help you solve a problem, get help, and work to make you safe
- Can you think of a trusted adult in your life? Maybe several?

Remember

- Listening skills are great for learning other people's boundaries
- Showing people you're listening is a great sign of respect and shows that you care
- Make sure to show empathy when listening to others

Resources

Local

- Harborview Abuse & Trauma Center
 - 206-744-1600
 - www.uwhatc.org
 - Offices in Seattle, Bellevue, Shoreline

National

- Love is Respect Teen Dating Violence Hotline
 - Call: 866-331-9474
 - Text: loveis to 22522
 - Chat: www.loveisrespect.org
- Trevor Project Hotline
 - Call: 866-488-7386 (24 hours a day)
 - Text: Trevor to 202-304-1200
 - Chat: www.thetrevorproject.org

Credits

- Slides created by [Harborview Abuse & Trauma Center](#) for [Seattle Public Schools](#)
- “How to be a Good Listener” video by AMAZE
- Boundary content provided by Advocates for Youth

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