Things To Do

Can you think of other examples of things you would like to speak up about alone (or in a group)?

Sometimes it is difficult to pay attention to people and to listen to them well. This can happen:

- if a person speaks very quickly or very slowly
- if they cannot speak very clearly
- if they use difficult words
- if the person uses sign language and you do not understand it
- if the person cannot use speech or sign language

At these times, you need to listen very carefully and ask the person to help you understand — for example, by saying:

"Could you speak more slowly please?" or

"Could you say that again please?"

Or explain that you are having difficulty in understanding — for example, by saying:

"I am sorry, but I don't understand." or

"I am sorry, but I don't understand what you are saying."

or "Could you explain that a bit more for me please?"

If people do not listen when we speak, it makes us feel that they are not interested in us or that we are not important.

If you are good at listening to other people, they will feel comfortable talking to you.

It is important to be good at listening as it encourages other people to talk to you.