

## Let children know you're listening

A **safeguarding resource** to help you show children and young people that, whatever they want to share, you're ready to listen.

**There are three simple directions to remember...**

### ➤ **Show you care, help them open up**

Give them your full attention and keep your body language open and encouraging. Be compassionate, be understanding and reassure them their feelings are important. Phrases like "you've shown such courage today" help.

### ➤ **Take your time, slow down**

Respect pauses and don't interrupt them – let them go at their own pace. Recognise and respond to their body language. And remember that it may take several conversations for them to share what's happened to them.

### ➤ **Show you understand, reflect back**

Make it clear you're interested in what they're telling you. Reflect back what they've said to check your understanding – and use their language to show it's their experience.



#### + Find out more

For more training and resources to help protect children visit  
[nspcc.org.uk/listen](https://nspcc.org.uk/listen)