**Levels of Listening:**

1. **Ignoring** – Being physically present, but doing very little to engage with the other person.

2. **Pretending** – Using filler words (Yeah, Oh Ok, Mhmm) or nodding your head without listening to what they’re saying.

3. **Selective** (or opportunistic listening) – Tuning in and out of conversation, hearing only bits and pieces. Ripe for misunderstanding due to not hearing all the conversation. Listening for what we want to respond to.

4. **Active** – Engaging, leaning in, and paraphrasing.

5. **Cadillac = Intentional & Empathetic**– Listening with ears and heart, while bringing forward the practices of attentive listening. Being curious about what the person might not be sharing and why.

**Goal of listening is for the other to …….**

- Feel safe
- Feel seen
- Feel heard

**Reflections:**

1. Do I ignore or pretend to listen to my students? If so, when do I tend to “tune them out”? Is it when I’m tired, stressed, thinking “not this again”, etc.?

2. Ask yourself, how am I ……. 
   - Leaning in (showing interest)
   - Carving out time
   - Showing that each student is a priority for you
Cadillac of Listening:
Helping Youth Feel Safe, Seen, & Heard

Resources

Videos:
- Cadillac of Listening: Helping Youth Feel Safe, Seen & Heard by Danae Riggs
- Six Ways to Be a Better Listener: Greater Good Science Center

Hand Outs:
- Active Listening 101

Books:
- How to Talk So Teens Will Listen and Listen So Teens Will Talk

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