



SpeakUp!

"Listening to give VOICE"

V

Validate the person's feelings. Thank them for sharing and acknowledge honesty takes courage.

O

Open the conversation to others by listening with an open mind, allowing for silence, and being curious.

I

Include phrases to encourage conversation such as "Help me understand", "I hear you", and "Tell me more".

C

Consider body language and tone.

E

Elevate strengths such as coping strategies and self-care.