



ACTIVE LISTENING AS A PREVENTION FACTOR

0. WHAT IS ACTIVE LISTENING?

Active listening is a skill that involves being present and attentive to the conversation, understanding the sender's message and offering empathetic and reflective responses. Active listening sets a style in the relationship.

- ♥ **Don't just hear**

It's more than just hearing the words; it is to understand the meaning, the tone and the context. It is knowing how to welcome and listen to what the other says, but also what the person does not say.

- ♥ **Conscious interaction**

It shows that you value the sender and strive to understand her/his perspective.

1. IMPORTANCE OF ACTIVE LISTENING

Active listening is essential for interpersonal relationships, teamwork, conflict resolution, and personal development.

It is important to remove from our thought any judgment that comes to our mind when listening to the other. We cannot make an alliance with anything expressed by the person.

- ♥ **Connection and trust**

It fosters trust and mutual understanding.

- ♥ **Better communication**

It reduces misunderstandings and facilitates effective communication.

- ♥ **Empathy and understanding**

It allows to place oneself in the shoes of the other and understands his/her point of view.

2. BENEFITS OF ACTIVE LISTENING

Active listening improves communication, strengthens relationships, and facilitates conflict resolution.



♥ **Stronger relationships**

Strengthens connections with other people.

♥ **Better decision-making**

Facilitates a better understanding of the problem and its solutions

♥ **Conflict Reduction**

Helps to avoid misunderstandings and find peaceful solutions.

3. KEY ELEMENTS OF ACTIVE LISTENING

To be an active listener, it is essential to pay attention to the verbal and non-verbal language of the sender.



Eye contact: Shows interest and attention to the sender and observes the non-body language of the person.



Attentive listening: Pays attention to the words and tone of voice of the sender: listen to contents, feelings and demands.



Message processing: Reflects on what you listen in order to understand the message.



Asks clarifying questions: Make sure you understand the message and ask for clarification if necessary.

4. PRACTICE ACTIVE LISTENING

There are different techniques to improve your active listening skills:

1. Body language

Use body language to show interest and attention.

2. Paraphrasing or mirroring

Repeat the sender's message in your own words. Be a mirror, that is, give "acknowledgment" of what you are listening to, give verbal samples of what you listen and understand about what the person says. It's not just nodding your head, it's important to verbalize what you perceive.

3. Empathy

Try to understand the emotions of the sender. When the person feels that she/he has been understood, especially in the feelings, this person experiences relief and is stimulated to continue advancing and deepening his/her narration.



4. Respect moments of silence

It is important not to want to fill the silences with our words, the person will need that silence to order her/his ideas and feelings and continue to deepen her/his situation.

5. APPLICATIONS OF ACTIVE LISTENING

Active listening is essential in different Areas, from personal relationships to the professional environment, including possible situations of harassment or abuse.

♥ Personal relationships

Strengthens relationships with people whom we serve, friends, and family.

♥ Teamwork

Facilitates collaboration and mutual understanding.

♥ Possible denunciation or relief

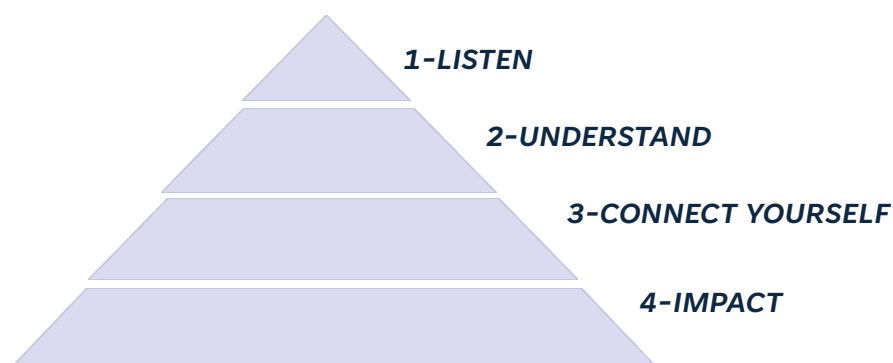
Improves the understanding of the problem or abuse, facilitating intervention.

♥ Leadership

Creates an environment of trust and open communication.

6. CONCLUSION AND CALL TO ACTION

Active listening is an essential skill that improves communication, fosters trust, and facilitates conflict resolution.



Practice active listening in your day-to-day life and observe how your relationships and communication are transformed.



RESOURCES TO CONTINUE DEEPENING IN ACTIVE LISTENING

They are in Spanish. If you need them in English you can search in YouTube, TikTok, google...

1. Mini videos of exercises of active listening

<https://www.youtube.com/shorts/l-qApCHjP34>
<https://www.youtube.com/shorts/F1aBiTuh0nE>
<https://www.youtube.com/shorts/0uuLMACxMz8>
<https://www.youtube.com/shorts/1w-iQ9sTPIU>
<https://www.youtube.com/watch?v=JLi7dLJAEuU>

2. Mini videos of a non-active listening

<https://www.youtube.com/watch?v=qlfSshMRDR4>
<https://www.youtube.com/watch?v=asl2VtNfu2s>

3. Video to understand body language

<https://www.youtube.com/watch?v=M4wm910gsQs>

4. Video: Active listening levels

<https://www.youtube.com/watch?v=yGTkqHeo2Pc>

5. Active listening test (ANNEX I)

6. To read:

- "Listening so as to be", Franz Jalics
- <https://asana.com/es/resources/active-listening>



RESOURCES TO CONTINUE DEEPENING IN PREVENTION

1. Develop a Decalogue of Prevention

Attitudes that prevent mistreatment, harassment, abuse, etc

2. Read More

- <https://saposyprincesas.elmundo.es/ocio-en-casa/lectura-libros-ninos/libros-prevenir-evitar-abuso-sexual-infantil>
- "Don't go too far with you", Jocelyne Robert. Ed. Octaedro
(Sexual abuse explained to children, between 4 and 12 years old)
- "What color are secrets?", Marga García. Ed. Sentir
(To work on the prevention of child sexual abuse)
- "The Book of Secrets", Sophie Benini

3. Songs (for working with minors)

<https://www.youtube.com/watch?v=mguwHW-V1GM>

https://www.youtube.com/watch?v=7HxnaZG_oAI

<https://www.youtube.com/watch?v=6s-4rHwVazQ>

<https://www.youtube.com/watch?v=Lf5vK6taL6M>

<https://www.youtube.com/watch?v=Ks3zd-XNOXw>

<https://www.tiktok.com/@tiatully1/video/7288878295557475589>

<https://radioteca.net/audioseries/si-te-tocan-canciones-para-prevenir-el-abuso-infan/>

<https://www.youtube.com/watch?v=clC9LkC4FLE>

<https://www.youtube.com/watch?v=n2FHLZvZby4>

<https://www.youtube.com/watch?v=p4qfbu815s0>

<https://www.youtube.com/watch?v=ZNu-A9dZPsE>

4. Online Games

https://es.educaplay.com/recursos-educativos/22508545-busqueda_de_palabras_cuidado_y_proteccion.html

https://es.educaplay.com/recursos-educativos/22508742-completa_los_espacios_la_esencia_de_la_hospitalidad.html



https://es.educaplay.com/recursos-educativos/22508893-juego_de_desenigma_temas_de_injusticia.html

https://es.educaplay.com/recursos-educativos/23187545-jogo_da_memoria_tu_importas.html

5. Videos / Stories

<https://www.youtube.com/watch?v=qhKoCFQ3Yog> (around Consent, for children up to 12 years old))

https://www.youtube.com/watch?v=4nE_mj94mn4 (around Consent, for adolescents)

https://www.youtube.com/watch?v=i_92-NovRT0 (Internet dangers for the faint of heart)

<https://www.youtube.com/watch?v=fADhdsIEip0> (for Early Childhood Education, 3-5 years)

<https://www.youtube.com/watch?v=CA0Zn-ZybLw> (for children ages 6-12)

<https://www.youtube.com/watch?v=ldYS1mkNsVs> (for girls ages 6-12)

<https://www.youtube.com/watch?v=pUgGAYAv64Q>

<https://www.youtube.com/watch?v=vDdT7zGfkrE>

<https://www.youtube.com/watch?v=E4WTnJCMrH8> (for teens)

<https://www.youtube.com/watch?v=Hb4X53dmMPo> (the first part can be worked on with pre-teens and teens)

https://www.youtube.com/watch?v=dkN_EBwA-MM

<https://www.youtube.com/watch?v=cGvGnK46PE4>

IMPORTANT: Before working on any of these resources, it is essential to visualize or read them to be sure that they are adapted and are suitable for the people with whom we are going to work to.