

Times of concern, anxiety, fear and sadness are a normal part of life yet often make us feel physically and/or mentally unwell.

As a school we recognise how important good listening can be for the health and wellbeing of our pupils. We are committed to working closely with Listen Well Scotland as part of our ongoing support and care for our pupils.

***Listening Time 4U offers a safe space where pupils have the opportunity and time to explore their concerns or worries in confidence with a trained Listener.***

Listening Time4U is NOT counselling.

A pupil might be:

- Being bullied
- Having difficulty making friends
- Experiencing family problems
- Feeling down, sad or fearful
- Feeling stressed with homework or exams
- Feeling uncertain about choices for the future

Having someone who is outwith the situation and able to listen well to them without judgement can often help them to feel better and not alone

## **What pupils can expect at Listening Time4U**

At Listening Time4U pupils will not be given any advice but hopefully being able to talk with an experienced Listener will help them better understand their feelings, find their own solutions and make their own decisions about what they want to do.

Each session will last up to 40 minutes and will take place in a safe discreet place within the school. What pupils say to the Listener is totally confidential unless the Listener is concerned for their safety or the safety of someone else. The Listener will then talk to them about who is the best person to speak with to keep them safe or for further advice.

## Listening Time4U

### How it will work

A Guidance Teacher may suggest to a pupil that Listening Time4U might be helpful.

If a pupil feels they would like to talk with a Listener they can speak to Ms Simpson or Mrs Murphy to make an appointment.

The Listener will keep a log of pupil attendance mentioning only in very broad terms what the pupil talks about e.g. bullying

The Listeners and Guidance staff will have close communication throughout.

## Why is listening important?

**Good listening gives time and space for people to:**

- **Tell their story**
- **Understand and be understood**
- **Be valued and respected as a human being**
- **Be able to express feelings honestly**

**Lothian Listeners are trained and supervised by Listen Well Scotland**  
[www.listenwellscotland.org.uk](http://www.listenwellscotland.org.uk)

*Listen Well Scotland is a registered SCIO under  
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# Listening Time4U