

■ Listening Skills

Responses that empower (B.A.S.E.R.)

B ELIEVE

Believe that what your peer says is of concern to him/her.

Do not judge the content. Do not determine whether or not the facts are accurate. You are here to support the individual, **not investigate the case.**

A FFIRM

"I am glad that you chose to be here." Acknowledge the courage it takes to reach out for support, whether or not you are the one best situated to support him/her. This may be his/her first time reaching out.

Acknowledge this and assure him/her that you will try your best to assist.

S UPPORT

Utilize listening skills.

Empathize with and acknowledge his/her experience.

E MPOWER

Help your peer to identify his or her own choices of action.

Help to brainstorm self-soothing activities *"How can you take care of yourself now. What helps?"*

R EFER

Offer to connect with him/her again.

Refer your peer to additional resources listed in your resource list. If you do not have needed resources on hand, offer to research additional sources of help and get back to him/her.

This page was adapted from *Reaching and Teaching Teens: A curriculum for Training Peer Leader*