



What You Can Do.....

- Go on the **Michael Palin Centre website** www.stammeringcentre.org. Click on TEENAGERS: there's lots of advice about stammering, 'Tips for Teenagers' and a really good 10 minute DVD clip (WAIT, WAIT...) of other young people who stammer and what helps
- Go on the **British Stammering Association Website** www.stammering.org and click on TEENAGERS. You can find 'Information for teenagers and young adults' and lots of useful information about how/ where to get help. You might also want to look at the website section on help with GCSE Oral English <http://www.stammeringineducation.net/england/tipsandtechniques/>

Tips for Teenagers from the Michael Palin Centre Website

- More haste, less speech
- People are more interested in what you have to say than how you are saying it
- Make a list of the things you are good at
- Notice other people's communication skills, no one is perfect!
- You can't mind-read - imagining the worst doesn't help
- Notice the colour of people's eyes when you talk to them. This will help you to maintain eye contact
- You can help others feel relaxed. Smile and try to look relaxed (even if your stomach is all knots and butterflies)
- To stop people asking you questions ask them something first (e.g. "where do you live, work, go to school etc?")
- The harder you try not to stammer, the worse it gets - go with the flow
- Use pauses to give yourself time
- Try to talk about your stammer to someone today
- Mention the stammer in passing as if you are not concerned about it!
- Notice those things that seem to help and do some more
- Praise yourself for having a go at something you usually avoid
- Noticing something you have done well is better than self-criticism
- Be fair to yourself





Try to avoid self-talk which includes 'I must' and 'I should' - try 'I might have a go' and 'I could try to'

- Set one small but achievable goal today - and pat yourself on the back
- Notice the times when you stammer less, rather than concentrating on when it is worse
- Don't start speaking until you are ready
- Say a little more than you usually do
- When you mind less about your stammering, you often stammer less too
- Smile a bit more; this will help others feel relaxed
- Feel the fear and do it anyway!
- Worrying about what others might be thinking is very unhelpful - you could be wrong
- Can you really read other peoples' minds? Do you really know what other people think
 - about your speech?
- Do most people know you stammer? Try not to hide it from them
- Is everyone nasty about stammering? Or are some people just nasty?

More Tips from Teenagers who have coped with stammering: from the British Stammering Association Website

"If people know, it's much easier. I try to find people who are okay with it. In a group, if the first person reacts well, it's okay."

"Remember that the bully has problems. What is their future going to be? If they put you down, it's an incentive to do well and prove them wrong."

"I know interviews will be challenging but practice will help. It's not the way that you say it, but the content that's important, in presentations."

"The best thing I got out of therapy was meeting other teens in the same situation, to share experiences with and talk to."



With all of us in mind