



JUST 
LISTEN



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In support of

STAMMA

International Stammering Awareness Day

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A day to understand,
celebrate and support
people who stammer.

**Everyone's voice
deserves to be heard.**



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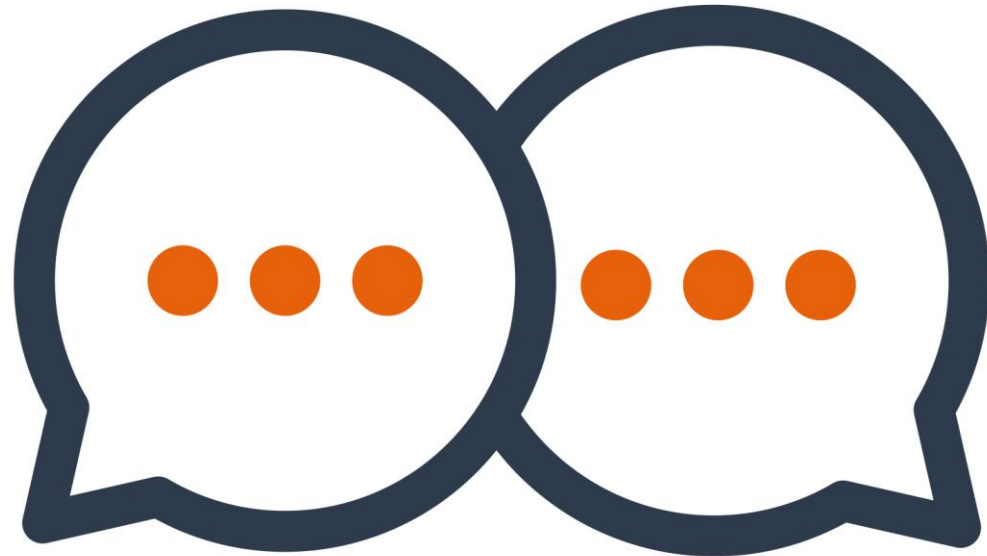
What Is Stammering?

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**What do you think
stammering means?**

Other words:

- Stuttering
- Disfluency
- Bumpy talking



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What Causes Stammering?

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8%

of children will start
stammering at some
point

- Brain works a little differently for speech
- Can run in families
- Not caused by nerves or shyness
- 8% of children (1 in every 12)
- 1% of adults stammer



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The Stammering Iceberg

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Stammering is more than
a speech issue – It can
have a negative impact
on someone's life if
others react in an unkind
or unhelpful way.

Seen

Tension
Body
movements

Repeating
sounds

Stretching sounds

Blocking – No sound
comes out

Unseen –

Usually the result of
fear of other peoples
unhelpful or unkind
reactions to or view of
stammering (stigma)

Anxiety
Shame
Frustration
Anger
Negative thoughts
Avoidance
Embarrassment
Isolation



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Famous People Who Stammer

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- Ed Sheeran
- Emily Blunt
- Joe Biden
- Gareth Gates
- Rowan Atkinson
- Tiger Woods



A stammer doesn't stop success!

What some people who stammer want you to know!

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Lalia, a Year 11 student, has created a project giving learners who stammer – and those who support them – the chance to tell us, in their own words, what they want us to know.

We want you to 'Just Listen'

Watch our Video

- Holderness Project Video



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How to be a better listener

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Do:



Show patience



Show you are listening through appropriate body language / facial expressions



Give people time to speak



Let people finish their own sentences



Talk about stammering respectfully



Ask what helps!

Don't:



Interrupt



Give people time to speak



Finish off people's words for them



Make people feel rushed



Tell them to take a breath or slow down



Mock someone's speech



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How to be a better listener

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Do:

-  Show patience
-  Show you are listening through appropriate body language / facial expressions
-  Give people time to speak
-  Let people finish their own sentences
-  Talk about stammering respectfully
-  Ask what helps!

Don't:

-  Interrupt
-  Give people time to speak
-  Finish off people's words for them
-  Make people feel rushed
-  Tell them to take a breath or slow down
-  Mock someone's speech

Unpleasant Behaviour and Unkindness

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Any behaviour which is intended to cause hurt and upset is unacceptable and should be called out.

“Bystanders” who say nothing, are complicit in this behaviour.

- Call out any unkind behaviour by :
- Saying something to the person being unkind
- Offering support to the person who is the target
- Talking to a member of staff

Difference Is Beautiful

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Every voice matters.

Let's celebrate verbal diversity.

Thank you for listening!



With thanks to:

- Siobhan Ward – Speech & Language Therapist
- Humber Teaching NHS Foundation Trust
- The Consortium Academy Trust
- Laila and Miss Lovel @Holderness Academy

Resources

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Stamma (The British Stammering Association)

www.stamma.org

[For Teachers | STAMMA](#)

Information, advice, and real stories from people who stammer.

Action for Stammering Children

www.actionforstammeringchildren.org

[ASC Stammer Awareness Toolkit - Action for Stammering Children](#)

Support for young people, schools, and families.