

Why Is Eye Contact Important?

Eye contact is an important social skill that helps us to understand whether someone is listening and engaged with what we are saying or whether they are not interested.

Sometimes, it can be difficult to know how much eye contact to give to someone. It can be very difficult for some people to maintain eye contact.

Eye contact should be thought about as a way of showing that you are listening and being polite, rather than staring at someone or trying to overpower them with a constant look.

Think about how you use eye contact when someone is talking to you. Next, think about how other people use eye contact when you are talking to them. You might like to discuss this with a partner or the adult you are with. You may also prefer to think about it on your own.

Think about the following questions:

- How did it make you feel?
- Did you change how you used eye contact?
- Did you feel that the person was interested in what you were saying?
- Did you show the other person that you were interested in what they were saying by using eye contact?
- Did you enjoy the conversation?
- Did you change what you were going to say or shorten the conversation?



Read the following four sections and take some time to think about your answers before writing them in the appropriate section.

Why is eye contact important?

What might stop someone using eye contact?

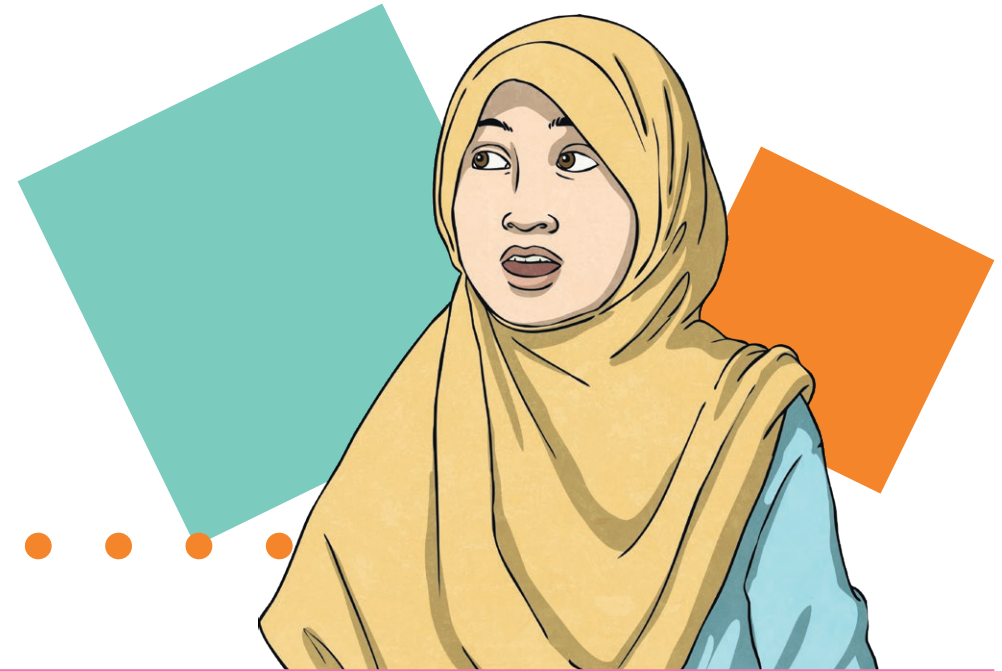
How does good eye contact make you feel?

How does poor eye contact make you feel?

Read the following story and then decide how the characters could improve their use of eye contact.

Keita and Sol are talking about what they have been doing at the weekend.

Keita is looking at Sol when he speaks, nodding her head, smiling and answering when needed. Sol keeps looking away, staring out of the window and looking down at his feet both when he is talking and when Keita is talking to him. Keita does not feel listened to and decides to go and find someone else to talk to instead.



Think of three top tips that you could give to Sol.

1. _____
2. _____
3. _____