

Jigsaw is Lidl's charity partner for the next three years. Through this partnership we have made a commitment of €1 million to support Jigsaw's vision of a healthier, better Ireland. We have also made a commitment to you, our customer. We support Jigsaw and Jigsaw supports us all by helping to find ways to really listen to young people about their mental health.

To be that One Good Adult® in the life of a young person.

Find out more at:  
[www.jigsaw.ie/listen](http://www.jigsaw.ie/listen)



**MAKE  
TIME TO  
LISTEN.**



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VALID FROM 16<sup>TH</sup> SEPTEMBER TO 13<sup>TH</sup> OCTOBER 2019  
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LIDL BOOK OF  
LISTENING



## ONE GOOD ADULT

Jigsaw, the National Centre for Youth Mental Health, is Lidl's official charity partner. Their ambition is to create an Ireland where every young person's mental health is valued and supported.

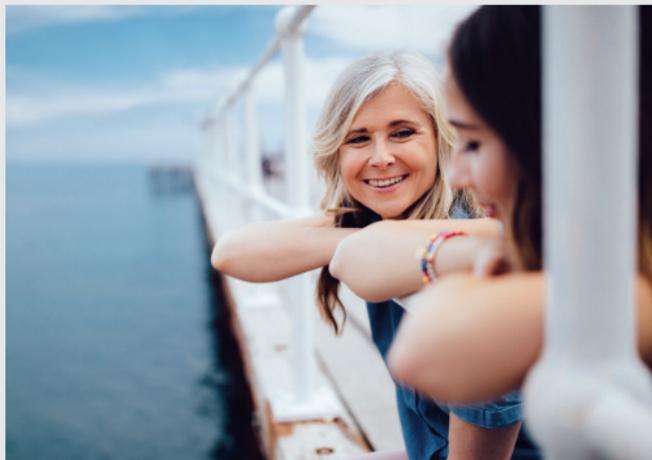
Day in, day out they provide early intervention mental health supports to young people aged 12-25. But they also believe that you have a central role to play. That role is being One Good Adult - a trusted voice, a friendly face, a listening ear.

Anyone can be One Good Adult - Mother. Father. Uncle. Big sister. Big brother. Coach. Teacher. Friend's parent. Anyone.

But who it definitely can be, is **YOU**.

## TO BE ONE GOOD ADULT: LISTEN.

Listening more than you talk is a good starting point. You never know when a young person might open up to you. Whenever it happens. Wherever it happens. Just be there. Be present. And listen. You don't need all the answers. Don't worry about that, it's ok. You don't have to be an expert, just a listener.



## **TO BE ONE GOOD ADULT: GIVE THEM TIME**

This is a biggie.

It's critical to really give young people time and attention if you want them to experience you as a good listener.

I am sure we've all had the experience, at one time or another, of trying to say something important to someone who was not really listening to us.

They may have given this away by fidgeting, looking at something over our shoulder, checking their watch or interrupting us. Can you recall how it made you feel? If you are not in a position to listen attentively to a young person, it is better to tell them and try to find a better time.

## **TO BE ONE GOOD ADULT: DON'T JUDGE THEM**

You'd be amazed at how often we are all guilty of doing this. Young people often feel judged by adults or fear that they will be judged by adults, so they don't tell us what is really going on in their lives.

A related trap we can fall into is jumping to conclusions. Once we start jumping to conclusions we have stopped listening and are making up the ending in our own minds. So, don't fall into these traps - keep an open mind and allow your ears to really hear what is being said, not what you think is being said or will be said.

**TO BE ONE GOOD ADULT:  
DON'T DISMISS THEIR CONCERNS**

As adults, we can very easily forget what it's like to be a teenager or young adult. From our perspective it might not seem like a big deal but it's the young person's perspective that matters. If they have gathered the courage to talk to you, don't dismiss their concerns. Appreciate the effort. Acknowledge it. And listen.



**ONE  
GOOD  
ADULT®**

Find out more on how to be that  
**#OneGoodAdult®** in the life of a  
young person.

visit [www.jigsaw.ie/listen](http://www.jigsaw.ie/listen)