## **7 EASY WAYS TO BE #DEAFAWARE**

## We hope you find the 7 Easy Ways To Be #DeafAware useful!

This free resource was created for individuals who interested in learning more about how to be deaf aware, perhaps are individuals, or maybe work in a company that has not yet heard of #WeSupportDeafAwareness yet!

The resource is free, and we are not asking for your email address....we are just trying to get the message across so that individuals and organisations can begin to understand what it is like to be deaf, so that greater compassion, patience and kindness can be developed – and that's good for everyone, isn't it?!

In return for this resource, we'd **LOVE IT** if you could do a couple of things for us.

1. Share this resource with your friends and colleagues on Social Media – we are on most platforms – click the logos to visit!







Simply click on the logo to visit our social media pages

2. Email this to your HR teams to tell them about the campaign. For many businesses, all charities and not-for-profits, the training is free, for all employees!

Go to www.WeSupportDeafAwareness.orgfor more information



## **7 EASY WAYS TO BE #DEAFAWARE**



**Get lippy**: Step back to appropriate social distance, pull down your mask and ask "How can I best communicate with you?"



Face on: When talking, always face the person.



**Don't turn your back**: If you have to turn away, tell the person what you are going to do first, and don't continue the conversation whilst your back is turned.



**Hands off**: Try not to obstruct your mouth when speaking (rubbing beard, chewing pen, hand in front of mouth).



Talk at normal speed: Not too fast, not too slow.



**Spell it out**: Use the phonetic alphabet when describing tricky words out of context – for example, postcodes. For example, say "A for Alpha, 1, 2, B for Bravo" etc.



**Avoid backlighting**: Ensure there is no bright sunlight behind you when talking, as this will create a silhouette of your face, making it difficult to lipread