

# Use helpful strategies for people who stutter

16 to 24 year-old New Zealanders who stutter have identified these helpful teaching strategies and ranked them in order of perceived helpfulness.

- ✓ Understand the difference between struggling, for example, avoiding certain activities or words for fear of stuttering, and stuttering.
- ✓ Give ākongā time to think and talk without interrupting or finishing their sentences.
- ✓ Create a safe and relaxing learning environment.
- ✓ Treat students the same as others. Don't exclude them from activities.
- ✓ Allow simple answers, for example, yes or no answers.
- ✓ Work with ākongā and whānau to understand student needs and create specifically designed plans to suit.
- ✓ Know about stuttering and ākongā needs.
- ✓ Take pressure off ākongā by letting them know they don't have to say anything if they don't want to.

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