



# Eye Contact

- **Eye contact is when you look at another person's eyes.**
- **Eye contact is important because it lets someone know that you are listening or talking to them. Most people, you talk to, like it when you make eye contact with them.**
- **Eye contact may sometimes feel uncomfortable. This can happen when we feel anxious, sad or afraid.**
- **Eye contact can also feel uncomfortable if we stare. Looking away from time to time can make it more comfortable.**
- **Most of the time eye contact is OK. Sometimes it may feel not OK but it is important to try. Looking at the person then away can often help.**

