

COMMUNICATION

OBJECTIVE

- Define healthy communication.
- Discuss positive conflict resolution.
- Identify areas of growth.

ITEMS NEEDED

- Candy

CLASS GUIDE

1. Welcome
2. *You Are You*
3. Activity - Friendly Debate
4. Presentation - Healthy Communication
5. Conclusion

LIFE/SOCIO-EMOTIONAL SKILLS

Relationship/Interpersonal Skills:

Communicating effectively
Resolving conflicts constructively
Developing positive relationships

MAIN IDEA

All relationships, from friendships to dating relationships, need communication. This week's topic endeavors to define healthy communication as well as how to positively handle conflict. Communication is necessary to feel connected as well as to deal with difficult issues.

ACTIVITY

REVERSE Pictionary

Divide the class into several teams. Have one person come to the board to be the "artist" and the rest of the team will give instructions. Give the team a stack of cards with various animals, foods, household items and holidays. They must give verbal clues without saying the name (or making animal sounds) to the "artist." If the artist draws the word that is on the card, give them one point. Give each team two minutes and whoever has the most points, wins candy.

PRESENTATION

ASK THE STUDENTS

Why is good communication necessary to have healthy relationships and being successful in life?

Communication is needed to help us feel connected, convey information, define our feelings and deal with issues. When disagreements arise, if communication is not intentional and direct, it can often turn a difficult situation into a full-blown argument or worse, a violent confrontation.

ASK THE STUDENTS

What are some ways to communicate, both good and bad?

As the students answer, ask them which category to place it under. Make a list on the board of Healthy and Unhealthy Communication.

Healthy Communication:

- Respectful tone
- Be direct and honest
- Focus on the issue
- Look people in the eye
- Make sure the timing is right
- Stay calm or walk away
- Ask for help
- Be vulnerable
- Show genuine interest
- Have important conversations in person

Unhealthy Communication:

- Name calling, yelling, cursing
- Talking at the person, not about the problem
- Saying always, never
- Talking over or interrupting
- Accusing or angry tone
- Using physical force or violence
- Threatening or lying
- Use text for important conversations

Read the following quote to the class:

A good relationship starts with good communication.

ASK THE STUDENTS

Raise your hand if you have ever been in a verbal fight with someone.

Have you ever felt like someone wasn't listening to you?

Have you ever felt so frustrated like you'd rather just punch them or walk away than keep talking?

Have two mentors act out the following scenario: Mentor 1 is angry with Mentor 2 for posting a bad picture of her on social media. She starts yelling at Mentor 2. Mentor 2 doesn't think she's done anything wrong and starts yelling back. Then both of them start name calling and refusing to listen to each other.

Go over the above scenario and see how the following tips for how to deal with conflict might have helped:

1. **Listen to the other person's perspective** – It doesn't mean you have to agree but listening helps you understand where the other person is coming from in the conversation.
2. **Agree to disagree respectfully** – Understand that disagreeing doesn't mean you hate the person or have to be disrespectful.
3. **Take responsibility for the solution** – Instead of focusing on the problem, try to focus on a compromise or a solution.

CONCLUSION

Finish the class by having the students look at the list of healthy vs. unhealthy communication on the board. Have them identify one way they can work on improving their communication. Remind students of the earlier quote and ask them to all say the last word :

A good relationship starts with good communication.

Reminder: "If something is significant, then it's valuable.

And if something is valuable, then you should take care of it."