

# Assignment #5 – Hey I’m Talking to You

---

Effective communication skills are a key component for successful self-advocacy, empowerment and leadership. This lesson will teach high school students the types of communication, how to understand one's audience, and ways to utilize appropriate tone, timing and words. The goal is for students to apply use of communication skills, so the lesson will incorporate role playing exercises for various settings.

**Watch:** ["Who's on First?"](#) video by Abbott & Costello

<https://www.youtube.com/watch?v=kTcRRaXV-fg>

**Reflection Discussion:** - what effective/appropriate communication was demonstrated? what ineffective/inappropriate communication was demonstrated?

**Short Answer: (to be handed in)**

1. On a scale from 1 to 10, how important do you think it is to your success in school (and beyond!) that you know and use appropriate communication skills?
2. During your conversations, how can you tell when someone is listening to you?
3. During your conversations, how can you tell when someone is *not* listening to you?
4. What is non-verbal communication? Examples?
5. Communication is about me. True or false?
6. Communication specialists say that when we send a message, \_\_\_% of the message is communicated through body language; \_\_\_% is communicated through tone of voice; and \_\_\_% is communicated through words.
7. What behaviors do you demonstrate to show others you are listening to them?
8. What behaviors do you believe you should improve in order to show others you are listening to them?
9. What circumstances and distractions keep you from listening?
10. Do you think there is a difference between communicating with your peers and communicating with adults? If a difference, what does that look like?

**Communication Worksheet: (to be done together)**

1. Communication Worksheet - "Communication Blockers" - define and discuss each blocker

2. Communication Worksheet - "Listening Actively" - What strengths do you demonstrate regarding listening actively? What areas can you work on to improve your ability to listen actively?
3. Communication Worksheet - "Non-Verbal Communication" - how is non-verbal ways - what messages do you people send with facial expressions, eye contact, handshakes, posture, and tone of voice? "What's the real message?" scenarios – you are to respond to scenarios verbally
4. Communication Worksheet - "Getting Your Message Across" & "Send a Clear Message" - understanding tips to communicate with respect and courtesy

**Scenario starters** - In your group, create a skit depicting one of the following scenario's. You will run your scenario twice. Once using negative communication strategies and once using positive ones.

- communicating with partner about sexual readiness
- someone being emotionally or physical abused by partner
- using Internet chat rooms to bully another student
- a friend who is dating a much older person and getting into unsafe situations
- communicating with parents about a desire for increased independence.

**Long answer questions: (to be handed in)**

What communication blockers do you need to focus on eliminating in your communication with peers and adults? List a minimum of 3 blockers and steps to take to eliminate each blocker.

2. Describe a minimum of 4 non-verbal communication behaviors and what message those behaviors send to others.
3. Write about a scenario in your life in which you did not initially demonstrate effective, appropriate communication skills. Include examples of ways in which you could change the way you communicate so that it becomes effective and appropriate.

**Submit your Short and Long Answers to Edmodo and put it in your website**