

High School Health

Lesson #9: Skills for Effective Communication

Objectives:

- In this lesson you will...
 1. Demonstrate the use of I-messages to communicate emotions in healthy ways
 2. Demonstrate effective communication to enhance emotional health

Vocabulary

• Aggressive- _____

• Assertive- _____

• Body Language- _____

• Nonverbal- _____

• Passive- _____

• Verbal- _____

Student Journal

Lesson 8: Skills for Effective Communication

Health terms

aggressive
assertive
body language
communication
I-message
nonverbal
passive
roleplay
verbal

Journal entry

Describe what "good communication" means to you. What does good communication look like, sound like and feel like?

I-Messages

I-messages are _____

Using the word I _____

I-messages don't _____

Communication Skills

When you speak:

(continued)

Communicating in a Tough Situation

Directions: Choose 1 of these scenarios. Then create a roleplay that uses an I-message and at least 2 of the other communication skills for speaking, and at least 2 of the communication skills for listening. Be sure your roleplay shows the people in this situation communicating in healthy and effective ways to deal with the problem and build their relationship. Write what each person will say, and include directions for body language that will support the messages each person is sending. Person 1 is "you," and Person 2 is the friend, teacher, sibling, parent or classmate.

► Scenarios

- 1 Your friend is acting mad and you don't know why.
- 2 You received a low grade on a paper and want your teacher to tell you why.
- 3 You find out that your best friend said something mean about you behind your back.
- 4 Your brother or sister borrowed some of your clothes and ruined them.
- 5 Your friends didn't invite you to go out with them last night and you feel left out.
- 6 Your parents accused you of lying when you didn't.
- 7 Your friend continually interrupts you when you're talking.
- 8 A classmate who's working on a project with you isn't doing his or her fair share.

Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Person 1: _____

Person 2: _____

Self-Check

- We created a roleplay with a clear I-message.
- We used 2 other skills for speaking in the lines for Person 1.
- We used 2 skills for listening in the lines for Person 2.
- We included directions for body language that supports the messages.