



How Do You Communicate?

A LESSON FOR ELEMENTARY SCHOOL STUDENTS
Brought to you by the Prevention Department at



What is communication?

Communication is when one person sends a message to another person to express his or her feelings, thoughts, and ideas.

Why is communication important?

Communication is important because you must communicate every day to parents, teachers, friends and family members in order to function daily.



We are communicating all the time.

We usually depend on talking as our only way to communicate.

Yet, when we are silent, we are still communicating.



2 Ways to Communicate

Verbal communication is when you express yourself by using sound or words. When you are talking to someone, you are using verbal communication. You communicate your feelings, thoughts, ideas, opinions and express them in the form of speeches, discussions, presentations, and conversations.

This includes: speaking face to face, speaking on the telephone, video-chat services, and writing a letter.



Nonverbal communication

is communication
WITHOUT words.

For example: body language, gestures, how we dress, and how we act can say a lot about you. These messages usually help what you are trying to communicate too.



News Flash!

Good communication does not come easy. However, learning to communicate well will help you understand others better and for them to understand you too.

There are 3 styles of communicating!

PASSIVE

Passive communicators can sometimes give the silent treatment. They often don't make eye contact with you. They have poor body posture and have a hard time saying “no.” Passive communication avoids conflict.



AGGRESSIVE

Aggressive communicators often give commands, or ask questions in a rude way and fail to listen to others.

Aggressive communication is forceful, doesn't listen, is harsh and likely to blame others.



ASSERTIVE

Assertive communicators express their own needs, wishes, ideas and feelings, while also considering the needs of others. Assertive communication helps you stand up for yourself while still respecting others.

THE GOAL IS TO BE AN ASSERTIVE COMMUNICATOR!



Tips for Becoming an Assertive Communicator

- Maintain eye contact
- Begin with an "I" statement and take ownership
- Learn to say "no"
- Voice your needs and wishes with confidence



Activities

Which type of communicator are you?

Please mark an **X** on the box next to your answer.

Aggressive

Passive

Assertive

Vocabulary words: You can use a separate sheet of paper to write down the definition if needed.

1. Assertive

2. Gestures

3. Nonverbal Communication

4. Rude



LET'S HAVE SOME FUN WITH THE FAMILY!

Getting Started. Players must sit in a circle or stand in a straight line. They need to be close enough that whispering is possible, but not so close that players can hear each other whisper.

Begin the Game. The first person in the line or circle whispers a word or phrase into the ear of the person sitting or standing to their right . Remember you can only whisper the phrase once.

Some Phrases Examples:

- § Dogs dig holes for big bones
- § Guppy in a shark tank
- § Two tiny toads eat fat flying flies

The Game Continues. Players whisper the phrase to their neighbors until it reaches the last player in line.

The Conclusion. The last player says the word or phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the circle or line to the end.

Parents: The object of the game is to learn and have fun all at the same time. Your kids will learn:

1. Active Listening Skills.
2. Communicate clearly by talking slowly so others can understand them better.