

COMMUNICATION

Communication cannot happen if you don't SAY something.

Communication: If you don't SAY SOMETHING no one knows!

Lesson Summary

Teacher: 30 Minutes

This lesson focuses on recognizing that there are many ways to communicate and the importance of healthy communication for success in life.

Define it:

We all communicate. It happens whether we want it to or not. It could be with words, but it can also happen with body language, our attitudes, and our behavior. Healthy communication occurs when we intentionally use our communication through words, attitude, or body language to get others to understand us and understand what we are trying to say to them. If we are not clear, the people we are communicating with may misunderstand the message we are trying to give them. A misunderstanding can be like putting layers of dirt on top of your message; it gets buried deeper and deeper under the layers of misunderstanding. Soon the message is lost because the communication didn't hit the mark.

Example.

A family is visiting another country and they don't speak the language. One of the kids gets sick and the dad runs into a restaurant to frantically ask for help but he can't speak the language. He runs in and people see him jumping, yelling, and screaming. They ignore him and even look at him with disapproval and anger on their faces because they think he's just some crazy guy. The management calls the police on him because they think he is a danger. Eventually, he can communicate to an officer who speaks his language what is going on.



This picture shows two people facing each other, but they both have already concluded that they are right... they are talking in opposite directions. They are not trying to understand each other to work together. They're trying to get their point across only. It's okay not to agree; just let people communicate! And focus on listening to understand their point of view so they can listen to understand yours.



Let's Talk About It.

Try using two different expressions to communicate; one person uses body language without words, and one person uses words while another uses just their facial expressions. Three different expressions to communicate are happening all at once. Nothing will get solved if they are not listening and watching to understand. The only result will be confusion and misunderstanding.

Let's look and discuss:

Think about how you communicate.

- Do you take time to listen to understand what the other person is trying to communicate to you and make sure YOU are communicating clearly?
- What communication expression are you using? (Words, attitude, actions, body language)
- What is the message you are trying to get across?

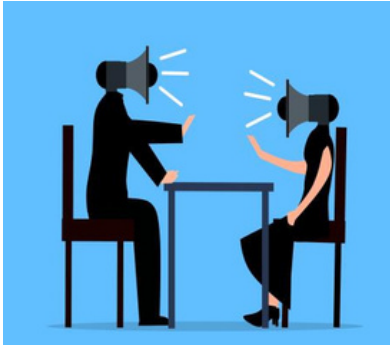


Video and Discussion: The Danger of Silence – 10- 15 Minutes



**Communication cannot happen
if you don't SAY something.**

**Do you use any of these techniques as your first choice when trying to
communicate with someone?**



What can you do first for successful communication?



**The most important part of communication is listening to
understand and NOT TALKING. If we don't listen to
understand, nothing is going to get solved.**

**Ask yourself the question, do you WANT to solve this
problem? (A problem is really a challenge to overcome!)
Try taking the time to understand the person BEFORE trying
to get your point across.**



Write down a time when you were communicating with someone, and it was misunderstood. Was the issue resolved? Why or why not?

Have you ever faked it? How did it go? Was the issue resolved? Did you give up trying?



Take a piece of paper and write out your view, then have the other person do the same. Take turns reading each other's paper and then together take turns writing the solution at the bottom.

After you complete this assignment, take it home to remind yourself.