

## How Do We Communicate Effectively In Relationships?

Name: \_\_\_\_\_

Outcome: 2.6 identify healthy and unhealthy relationships and demonstrate assertiveness skills to communicate thoughts and feelings within primary relationships

1. Read the following scenario with your group. Decide how you would respond in this situation and write a script for the people involved. Decide on roles and record your scenario. Ensure that your communication is assertive – the goal is to have positive interactions even though the subject may be difficult.

John is a good student who has always enjoyed school. He has always maintained good working relationships with teachers and has felt able to ask for help and advice when appropriate. Recently, John has felt that his math teacher has been treating him unfairly during class by questioning his performance in a series of tests. In fact, John would go as far to say that the teacher has been making fun of him.

2. Think of some examples (3-4) where your message was taken completely wrong by someone while using technology (i.e. Twitter, Facebook, Email, etc.). What could you have done differently to ensure your message wasn't confused?

Items to complete as a group:

- Script
- Video
- List of poor communication with technology examples and what you could have done differently

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Amy and Shauna consider themselves best friends. Recently, Shauna has noticed that Amy has been losing a lot of weight. She sees Amy passing on food and has heard her claiming that she is “Fat” to other friends. Shauna is now very concerned for her friend but is not sure how Amy will react if she raises the subject.

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Donnie lent Jesse some money 6 weeks ago. He has not asked for the money back but knows Jesse started a new part-time job 3 weeks ago and feels he should now have the cash to repay him.

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Jordan wants to take a year off from study to travel and work in Europe before attending college. He believes his parents will see this as a waste of time and money and has decided to approach them with his idea.

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Melinda has known Cheyenne since 3<sup>rd</sup> grade. She has covered for Cheyenne several times, saying that they are having a sleepover when in fact Cheyenne has been staying with her boyfriend. Melinda no longer wants to lie and feels used in this situation.

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