

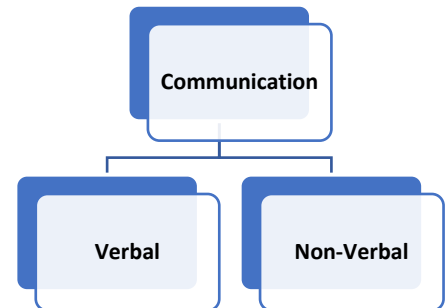
Michigan Alliance for Families

Youth Self-Determination Series

Series 2-Session 2: Communication Busters, Think It or Say It, Non-Verbal Communication Handout

How People Communicate

- Verbally
- Non-Verbally



ONE word can change the meaning!

- I love gaming
 - Means: I am talking about me, I (not sure about anyone else!)
- I love gaming
 - Means: I really, really, really, really enjoy it
- I love gaming
 - Means: I am talking about my love for gaming not anything else

Non-Verbal Communication Introduction

Means:

- Communication without speaking words
- Also called body language
- We read other's non-verbal communication and they read ours

Forms of Non-Verbal Communication

- Facial expression
- Body position, movement, gestures
- Personal space
- Eye contact
- Visuals
- Written and electronic communication
- Hygiene/grooming
- Clothing
- Assistive technology

Listening-important part of communication

- Being able to get and understand verbal messages from other people
- We can understand what someone is communicating
- We listen to others, they listen to us
- We let them know we are listening through verbal and non-verbal responses
- Non-verbal communication give us clues about how someone feels

Communication **Busters**

Make 2-way communication difficult

Try to
Avoid!

Try to stay away from:



- Taking over
 - This is a 1-sided conversation
 - Be careful not to take over the conversation/communication and just talk about your topics or interests
 - Be sure you communication partner gets a chance to talk or communicate
 - Ask questions so your communication partner gets a chance to talk
- Interrupting
 - Wait for a pause or break in the communication
 - Be careful not to interrupt
- Repeating
 - Be care not to say the same exact thing over and over as your communication partner may get bored
 - Ask them a question or make a comment on the topic so they can respond
- Policing

People don't want to be told:

 - About the rules
 - How to do things
 - When to do things
 - How to act
 - At school, home, work, other places
 - People don't like to be told what to do

- Risky topics

THINK about the topic, be careful, it might be **risky** to talk about.

- Could risk offending others without knowing it
- Could risk becoming a problem for you
- May upset some people or could get you in trouble
- May be too personal-you may not know the person well enough
- If you are not sure if it is risky, don't say it. Talk to your parents or other trusted adult.
- Examples of topics that might be risky:
 - Weight
 - Sex and gender
 - Money
 - Age
 - Skin Color
 - Religion
 - Politics
 - Body parts
 - Speech difficulty
 - Wheelchairs
 - Body sounds (like burping, coughing, hiccups, etc.)
 - Anything that could hurt or offend someone

Think it or Say it?

STOP and THINK

- Could this be a **RISKY** topic?
- Could someone not understand?
- Could someone's feelings be hurt?
- If so, THINK it, don't say it
- If we THINK something
 - It may or may not be true
 - We **THINK** a lot of things
 - Thoughts pop in and out of our head
 - Not always okay to say something
 - Need to think before we say it

