

Self-Determination-Series 2

Session 2: Review, Self-Advocacy, and Communication

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Welcome Back!

Do you cheer for
MSU or U of M? Or
some other school?



Ground Rules for Meeting Online



Cameras on when possible



Use chat or raise hand to talk (Zoom or actual hand)



Listen to understand



Ask questions with the microphone or in chat

Session Overview

Session 1: Self-Determination Review, Self-Advocacy, and Communication

Session 2: Thoughts and Communication

Session 3: Flexibility, Compromise, and Communication

Session 4: Person Centered Planning, Supported Decision Making, Attitude, and Communication



Today

- Review self-advocacy and communication
- Review important information from last time
- Talk about Communication Busters
- Learn more about non-verbal communication
- Watch one or more videos
- Get home practice activities





**Self-
Advocacy!**

Self-Determination

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graph TD; A[Self-Determination] --> B[Self-Advocacy]; B --> C[Communication]; B --> D[Flexibility]; B --> E[Person-Centered Planning]; B --> F[Supported Decision Making];
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Self-Advocacy

Communication

Flexibility

**Person-Centered
Planning**

**Supported
Decision Making**

When thinking about self-advocacy

- A. Communication really doesn't matter so much
- B. Communication is extremely important to getting in letting others know what we want or need
- C. If my parents or guardian know what I want or need, I don't need to worry about communicating

(Put A, B, or C for your answer in the chat)



As a Self-Advocate...

YOU...

- Know what you w____ and what is possible for you
 - *want*
- Have more c_____ of you
 - *control*
- Make life d_____ with people who can support you
 - *decisions*



As a Self-Advocate...

YOU...

- Understand your d_____, your strengths, your challenges
 - *disability*
- Willing to be f_____ and compromise
 - *flexible*
- Know you have legal r_____
- *rights*
- Communicate (speak-up) for y_____ and what you need
 - *yourself*



Being a self-advocate...

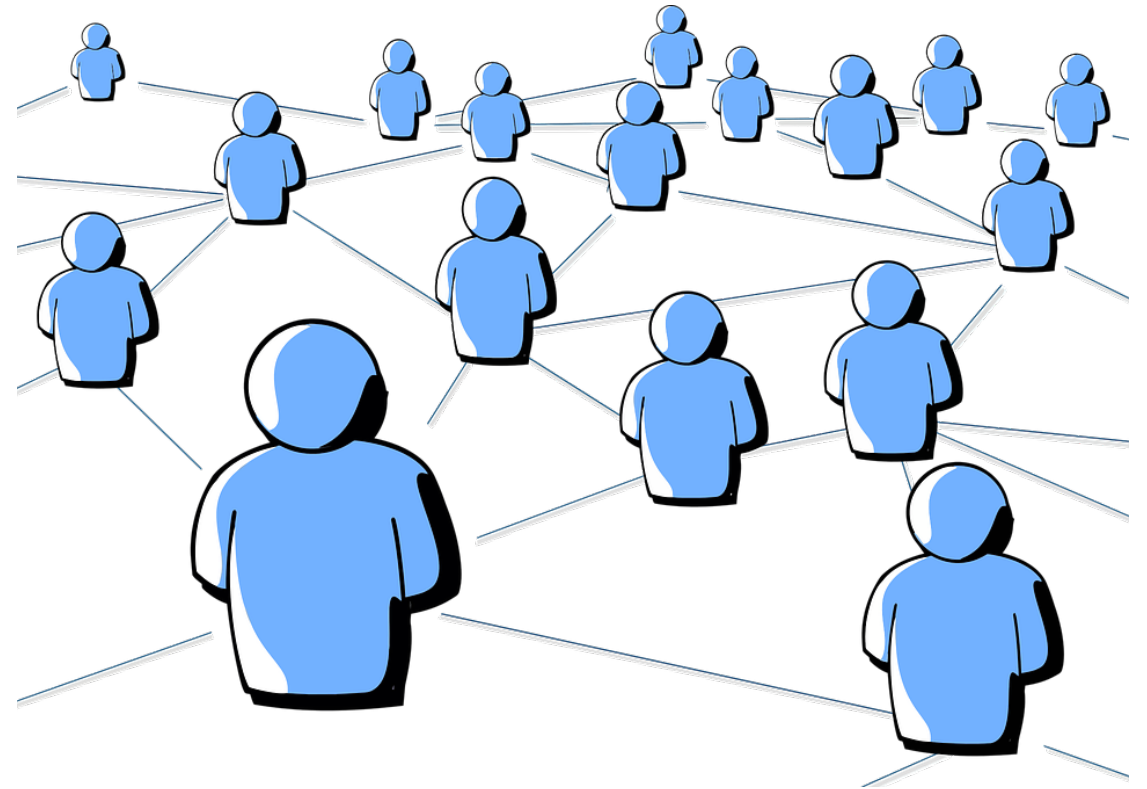
- A. Mainly happens at work
- B. Mainly happens at home
- C. Can take place everywhere

(Put A, B, or C for your answer in the chat)



Communication

**VERY Important for
Self-Advocacy**



2-Way Communication Involves...

- A. Talking until you get your point across
- B. Sharing the conversation
- C. Only asking question after question when talking to someone



(Put A, B, or C for your answer in the chat)

2-Way Communication

- Communication goes back and forth, like a v_____ game
 - *volleyball*
- One is t_____ or communicating, and one is l_____
 - *listening*



2-Way Communication



Does everyone need to talk to have a conversation?

NO!

Some people communicate with text, signing, or other devices

Video – Text to Speech Conversations



What tips did she have for communicating with her?

- 1. Be patient**
- 2. Keep eye contact with the person**
- 3. Speak to the person in a “normal” voice, not like a baby**

https://www.youtube.com/watch?v=wi5j_V4fbws

When both people are not communicating in a conversation, it is considered...

- A 1 or 2-way conversation?



The person we communicate with is called....

- A. A friend
- B. A co-worker
- C. A communication partner

(Put A, B, or C for your answer in the chat)



How People Communicate

Is **listening** a part of communication?



YES!

It is a very important part of communication

2-Way Communication includes:

C _____: a **statement**
related the topic

- *Comments*

Q _____: **asking for**
information about the topic

- *Questions*



Comments and Questions

Make ___-___ comments **ABOUT**
THE TOPIC, then ask a question
ABOUT THE TOPIC

(hint: how many comments?)

• **2-3**

Common Question Starters....

- Who...
- What...
- Where...
- When...
- Why...
- How...
- Did
- Do



Activity

Respond in chat with a **question** to these comments

- I am so hungry
- I just got my driver's license
- I enjoy traveling
- I love dogs
- The train leaves soon



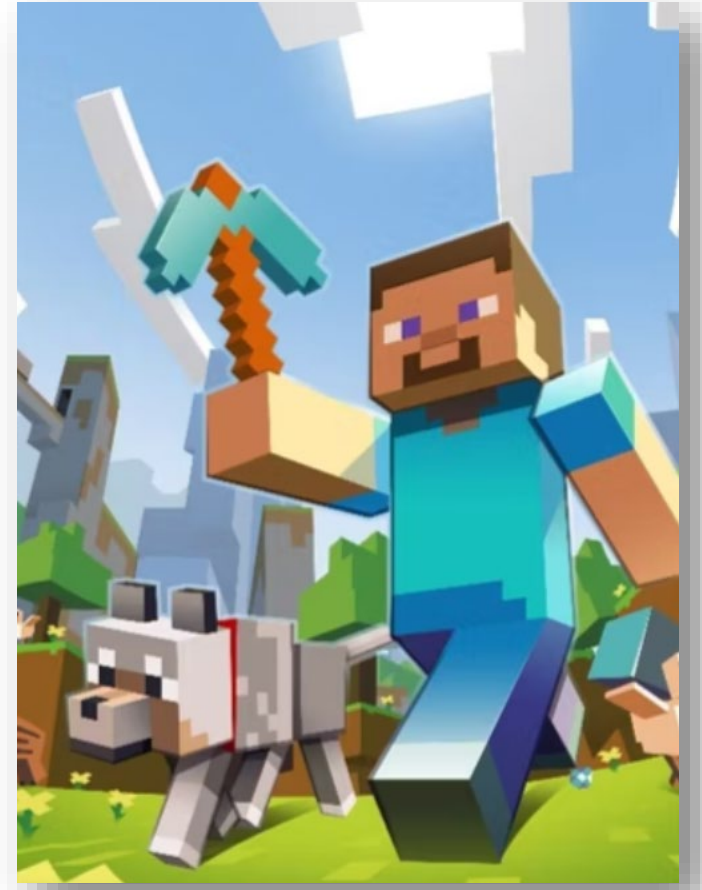
Review Communication **BUILDERS:**



What We **Should Do**
When Communicating

Communication Builders

- Trade information
- Find common interests
- Listen to the person
- Watch body language
- Match the mood
- Use good volume
- Use good body boundaries
- Look toward the person



Communication Busters



**Can make
communication difficult for
2-Way Conversations**

Communication **Busters**

- Taking Over
- Interrupting
- Repeating
- Policing
- Risky topics

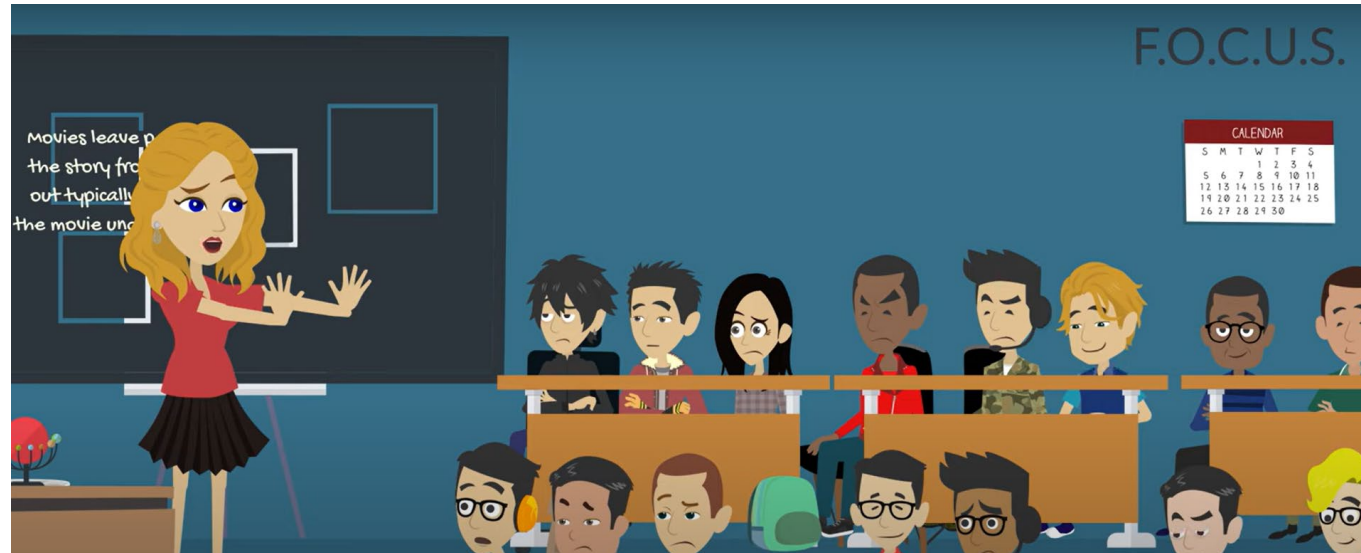


Taking Over

- 1-sided conversation
- Monologuing
- Talking only about your area of interest
- Other person does not get a chance to talk
- Just interested in your topic
- Important to ask questions and make comments
- Important to share conversation



Video-Interrupting



What is the problem
here?

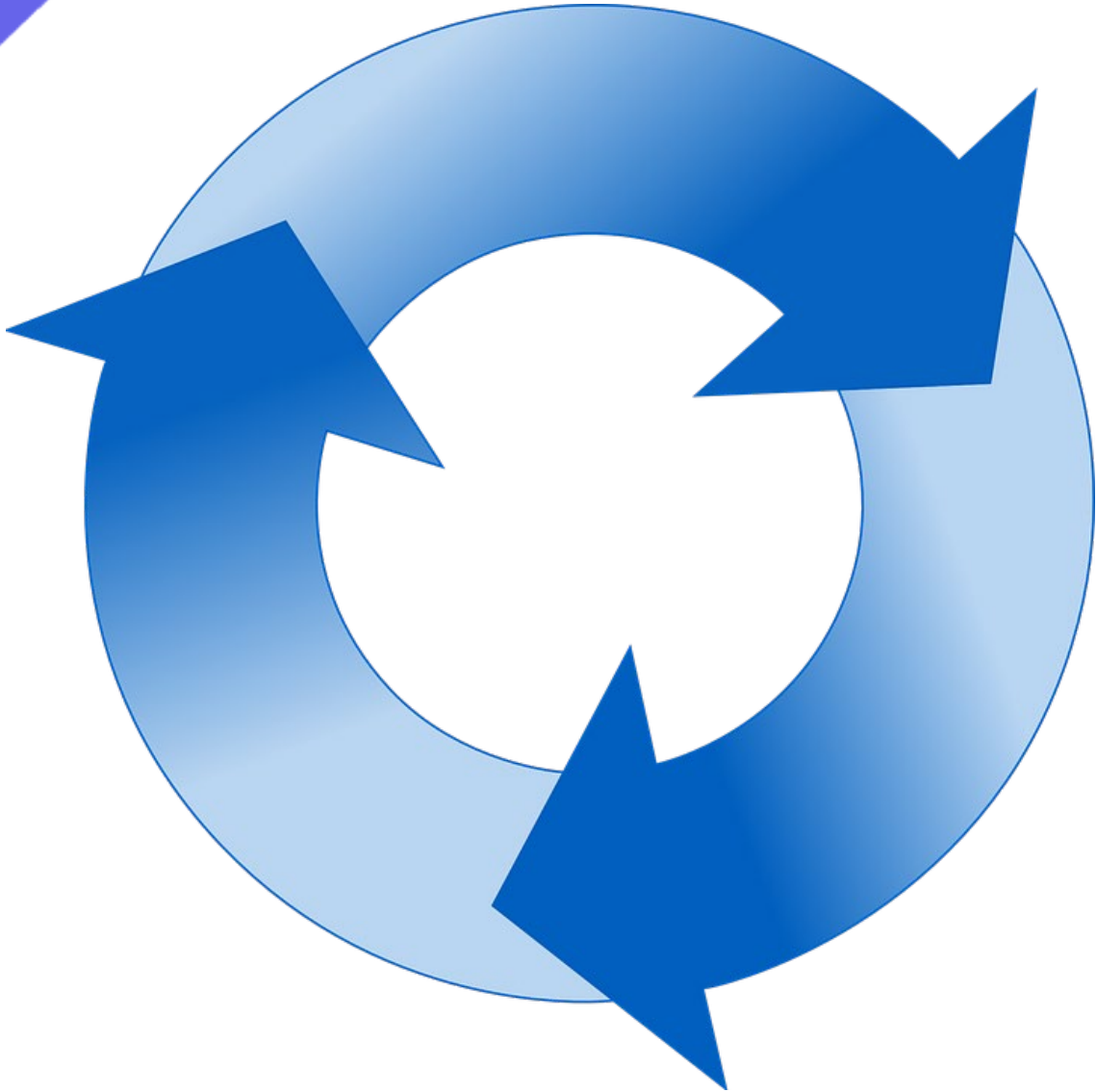
<https://www.youtube.com/watch?v=uo0doESIYN8>

Interrupting

- Disrupts flow of conversation
- Can be 1-sided
- Wait for a break in conversation



Repeating



- Saying the same thing over and over and over
- Think of other comments and questions you can ask **about the topic**

What is going on in this video?



Policing



- Telling others the rules
- Telling them how to do things
- Telling them when to do things
- Telling them how to act
- At school, home, work, other places
- People don't like to be told what to do

Risky Topics

- Risky to talk about certain topics
- Can offend others without knowing it
- Can hurt their feelings without meaning to
- May be too personal-you don't know them well enough
- Could become a problem
- Could upset people
- Could get in trouble



Risky Topics

- 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 someone's feelings or offend them



Think it, Or Say It...

Her clothes
don't
match...should
I think it or say
it?

STOP and THINK

- Could this be a **RISKY** to say?
- Could someone not understand?
- Could someone's feelings be hurt?
- If so, **THINK** it, don't say it



Think it, Or 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



Think it or Say It

We do not say what we think when.....



Discuss the video

Practice: Think it, Or Say It...

- You notice your friend who likes chocolate is not eating chocolate, should you think or say, “are you on a diet?”
 - **THINK** it!
- You like a necklace your friend is wearing, should you think or say, “I like your necklace.”
 - **SAY** it.



Practice: Think it, Or Say It...

- Your friend just started a new job, should you think or say, “How do you like your new job?”
 - **SAY** it!
- A classmate has difficulty with saying certain words, should you think or say, “why do you talk that way?”
 - **THINK** it!



Practice: Think it, Or Say It...

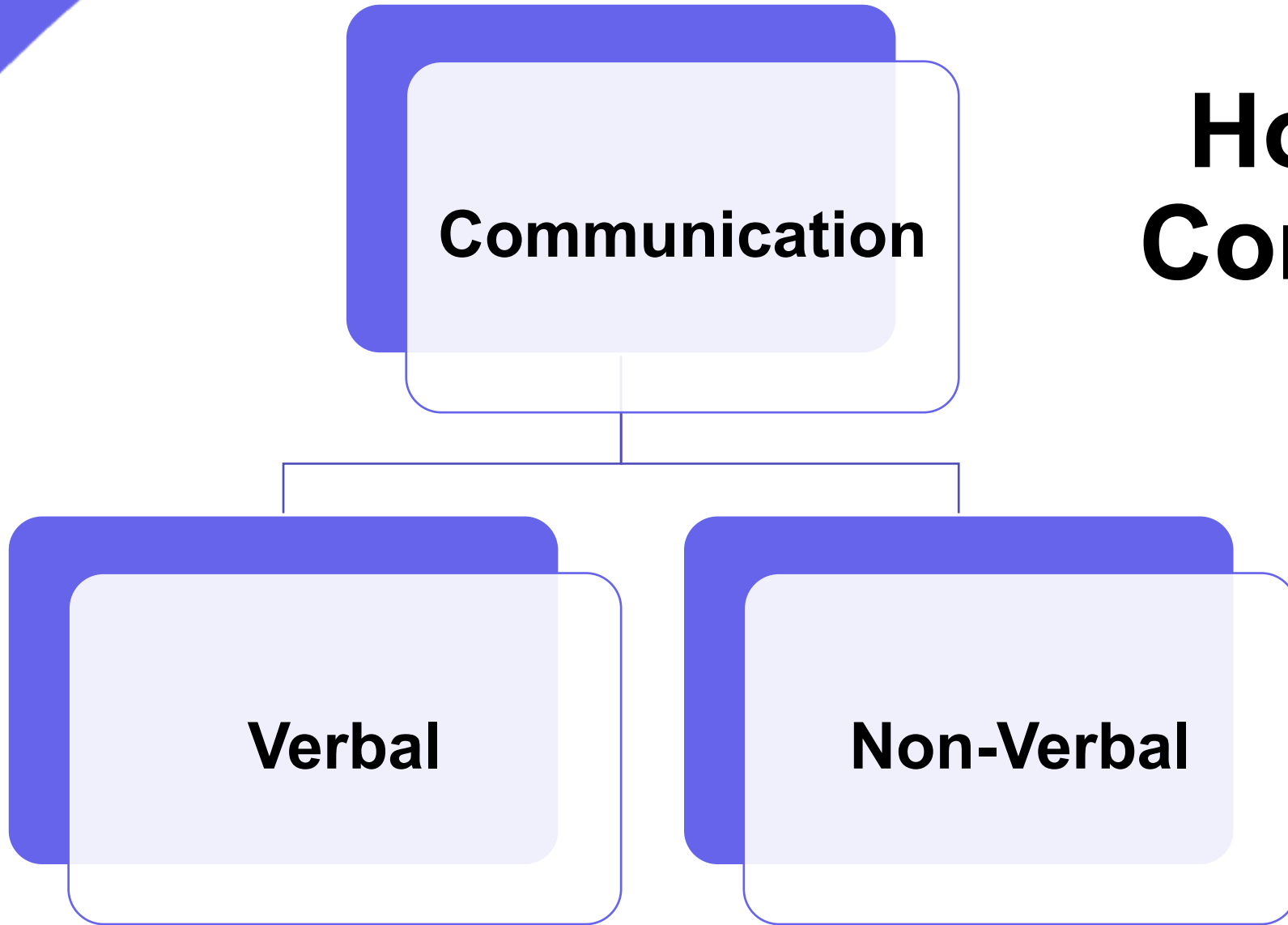
- Your neighbor just started a new job, and you are curious about how much the job pays. Should you think or say, “How much money do you make?”
 - **THINK** it!
- Your friend got a new hair cut and you think it looks cool. Should you think or say, “I love your haircut!”
 - **SAY** it!



Non-Verbal Communication



How People Communicate



Verbal Communication

- Using words or sounds
- Relaying how we feel or think
- Transfer our words between people (conversations)
- What and how we say things out loud
- Takes place in person, by phone, through the computer or television, radio



How we say it...

ONE word can change the meaning! It's about "tone" of voice...

- **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



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

Common Non-Verbal Communication

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



We communicate...

- A. We communicate both verbally and non-verbally
- B. We don't really use non-verbal communication that much
- C. We can only communicate verbally

(Put A, B, or C for your answer in the chat)



Home Activities



Home Activity Checklist



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist Series 2-Session 2: Communication Busters and Non-Verbal Communication

Name: _____

Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities. You can work through these activities with your parents, siblings, peers, or other support person.

Done	Activity
	Review the Class 2 Handout on Communication Busters, Think It or Say It, Non-Verbal Communication
	Review the Communication Builders and Busters Handout
	Complete the Communication Builders and Busters Worksheet
	Review the provided Social Communications resources provided

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions

Home Activities



Communication Builders and Busters Worksheet

Practice a 2-way conversation with your parents, sibling, friend, classmate, co-worker, or someone else. You can ask them for help filling out the information below, or to review this after you complete it, if it is helpful.

Who did you talk to? _____

I used the these **Communication Builders** in my conversation:

- I traded Information I found common interests I matched the mood
 I listened to the person I matched the mood I used good volume
 I used good body boundaries I looked toward my conversation partner

What **Communication Busters** gave you the most trouble?

- I took over the conversation (just talked about my topic of interest and didn't share the conversation)
 I interrupted the conversation (I stopped the conversation so I could talk)
 I repeated myself (over and over during the conversation)
 I policed the conversation (told them about the rules or what to do)
 I talked about risky topics (I asked myself: should I think it or say it?)

What I can keep working on to improve my communication (write below):

- Start with your Home Activities Checklist
- Work with your parent or guardian on this if you have questions

Next Steps:

- 1. Review your Home Activities Checklist.**
- 2. Review Additional Resources on social communication.**

We are here to support you!

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For more information visit:

<https://www.michiganallianceforfamilies.org>

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Michigan Alliance for Families

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