


Self-Determination-Series 2
Session 2: Review, Self-Advocacy, and Communication

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Michigan Alliance for Families
Information, support, and education

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Welcome Back!





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




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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



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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



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Today

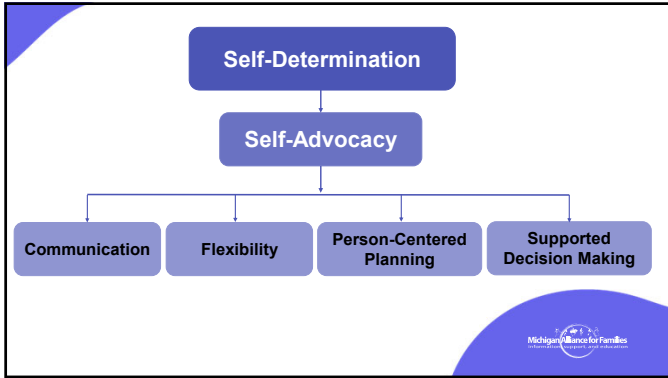
- Review self-advocacy and communication
- Review important information from last time
- Talk about Communication Busters
- Learn more about non-verbal communication
- Watch one or more videos
- Get home practice activities



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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)

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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*

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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*






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Being a self-advocate...

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

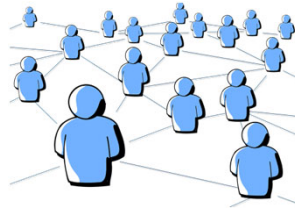

(Put A, B, or C for your answer in the chat)

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Communication

VERY Important for Self-Advocacy






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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)

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2-Way Communication

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

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2-Way Communication

Does everyone need to talk to have a conversation?

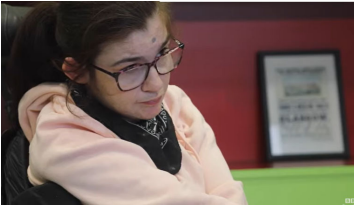
NO!

Some people communicate with text, signing, or other devices





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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



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

- A 1 or 2-way conversation?





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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)



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How People Communicate

Is **listening** a part of communication?



YES!
It is a very important part of communication



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What are the things we talk about?

Topics!

- Something you are talking about
- Stay on topic when talking
- Common interests




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2-Way Communication includes:

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

- **Comments**

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

- **Questions**




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Comments and Questions

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

(hint: how many comments?)

•2-3



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Common Question Starters....

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





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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



IT'S YOUR TURN!



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**Review
Communication
BUILDERS:**
What We **Should Do**
When Communicating



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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



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



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Communication Busters


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



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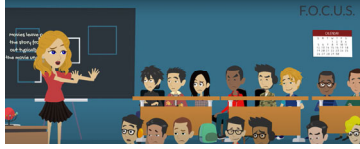
Taking Over

- 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




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Video-Interrupting





What is the problem here?



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Interrupting



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



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Repeating

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



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What is going on in this video?



Allison



Elaina



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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

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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




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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

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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



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Think it, Or Say It...

I can't wait to play Minecraft

Your face is wrinkly

Not chicken again...



That kind of pizza isn't good

Cool hat!

You look better with short hair

When will class be done

- 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




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Think it or Say It

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





Discuss the video



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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.

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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!

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Practice: Think it, Or Say It...

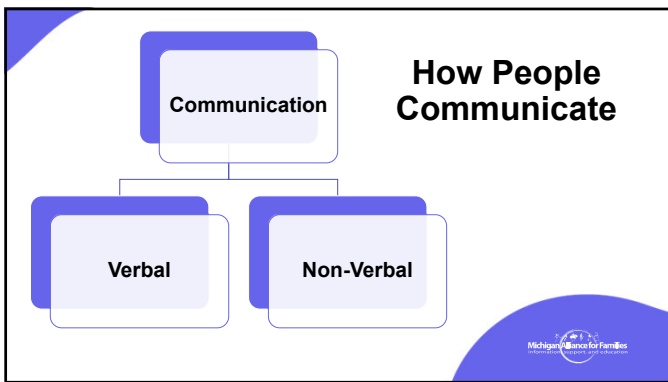
- Your neighbor just started a new job, and you are curious about how much the job pays. Should you think or say, "How much money do you make?"
 - **THINK** it!
- Your friend got a new hair cut and you think it looks cool. Should you think or say, "I love your haircut!"
 - **SAY** it!

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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

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How we say it...

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

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

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Non-Verbal Communication Introduction





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



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Common Non-Verbal Communication

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






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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)

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Home Activities

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Home Activity Checklist

Michigan Alliance for Families
 Youth Self-Determination Series-Home Activities Checklist
 Series 2-Session 2: Communication Builders 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 |
|--------------------------|--|
| <input type="checkbox"/> | Review the Class 2 Handout on Communication Builders, Think It or Say It, Non-Verbal Communication |
| <input type="checkbox"/> | Review the Communication Builders and Busters Handout |
| <input type="checkbox"/> | Complete the Communication Builders and Busters Worksheet |
| <input type="checkbox"/> | Review the provided Social Communications resources provided |



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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 these Communication Builders in my conversation:


___ I tracked information ___ I found common interests ___ I matched the mood
 ___ I listened to the person ___ I matched the mood ___ I used good volume
 ___ I saved 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 only 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



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Next Steps:

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



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We are here to support you!

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For more information visit:
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Michigan Alliance for Families

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