

Self-Determination-Series 3

Session 3: Review, Flexibility, Communication

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Welcome back!

**Messy room or
neat room?**



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 communication builders and busters
- Look at new information on non-verbal communication
- Learn about flexibility and compromise
- Watch one or more videos
- Get home practice activities



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 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)



What is a self-advocate?

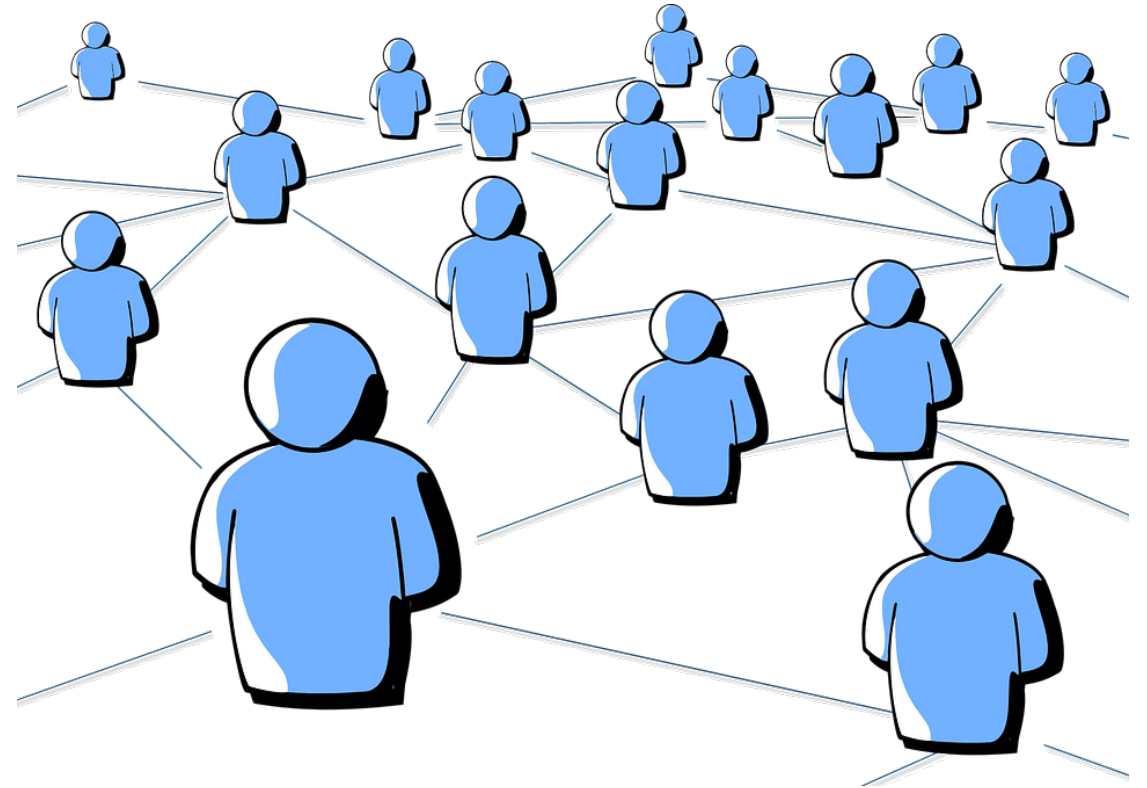
YOU...

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



Communication

**VERY Important for
Self-Advocacy**



Which is a communication **builder**?

- A. Take over conversation
- B. Trade information
- C. Repeat-repeat-repeat

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



2-Way Communication is...

- Sharing conversation
- Communication that goes back and forth like a volleyball game
- Involves comments and questions



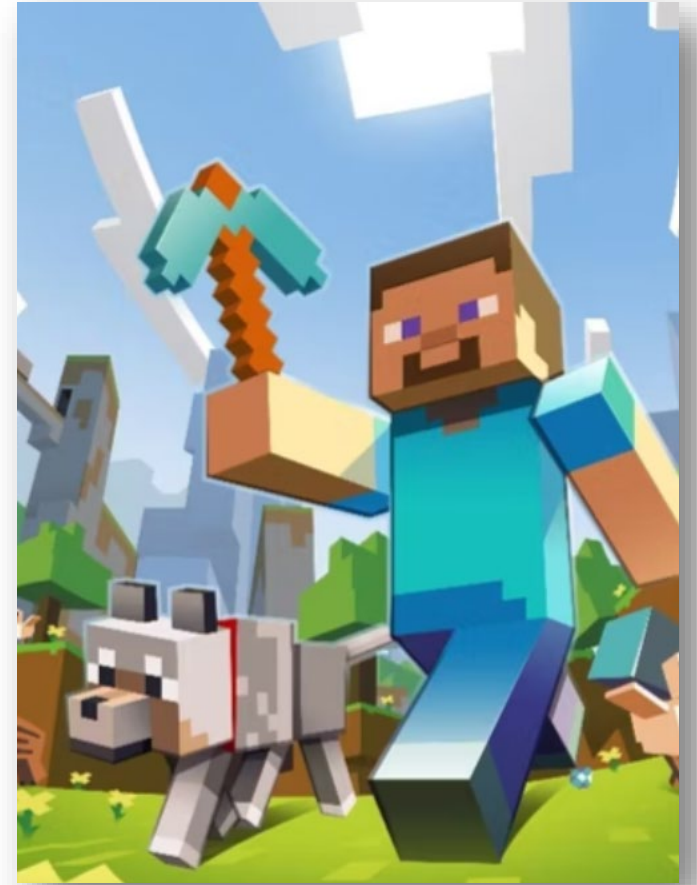
Review Communication **BUILDERS:**



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



Think it, Or Say It Involves....



?

- S and T
 - *Stop and think*
 - Could this be a r topic
 - *risky*
 - If it's risky (do or don't) say it
 - *don't*



Communication busters...

- A. Are things we should try to DO in communications
- B. Are things we should try to AVOID in conversations

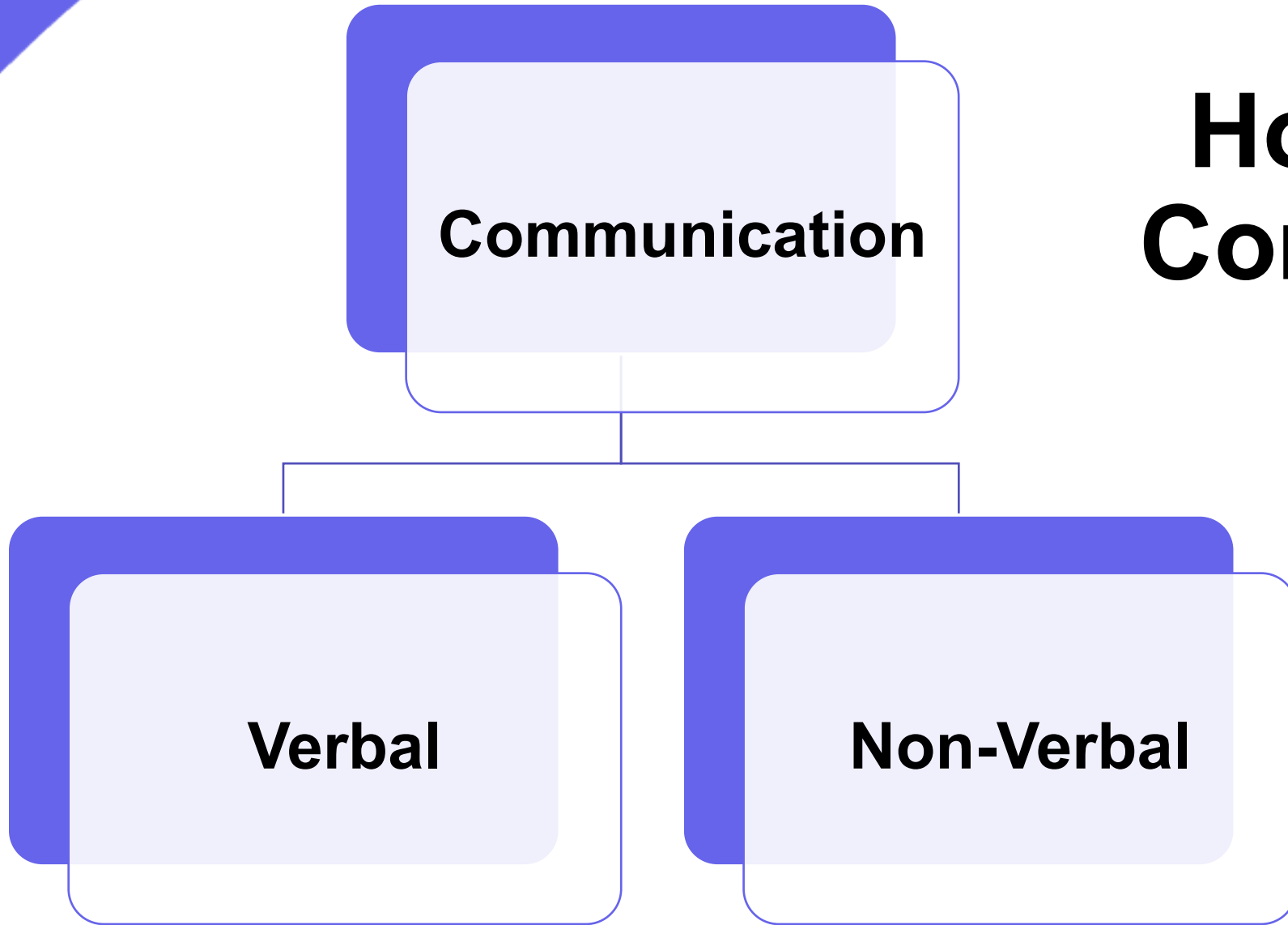
(Put A or B for your answer in the chat)



Non-Verbal Communication



How People Communicate



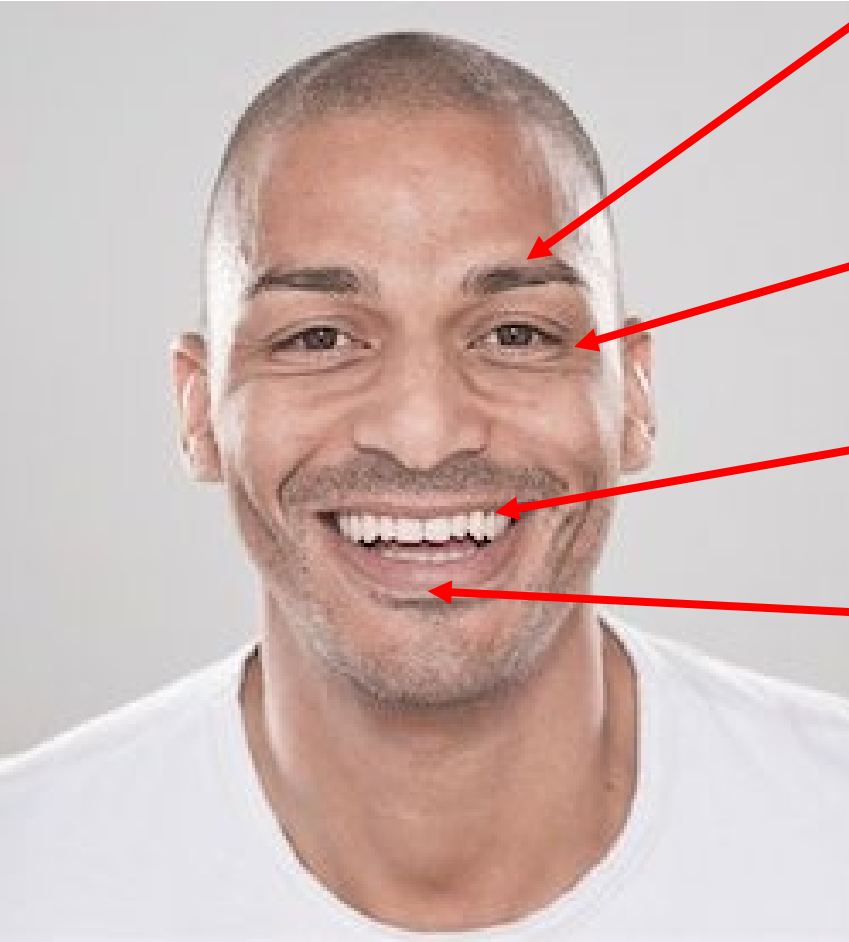
Non-Verbal Communication

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



Facial Expression

HAPPY



**Eyebrows
up**

**Eyes
squinting**

**Teeth
showing**

**Wide
smile**

- Eyes
- Eyebrows
- Mouth

Facial Expression

Frustrated

Pulling hair (or arms raised and hands on head)

Eyebrows scrunched

Eyes squinting

Teeth showing and clenched

- Eyes
- Eyebrows
- Mouth



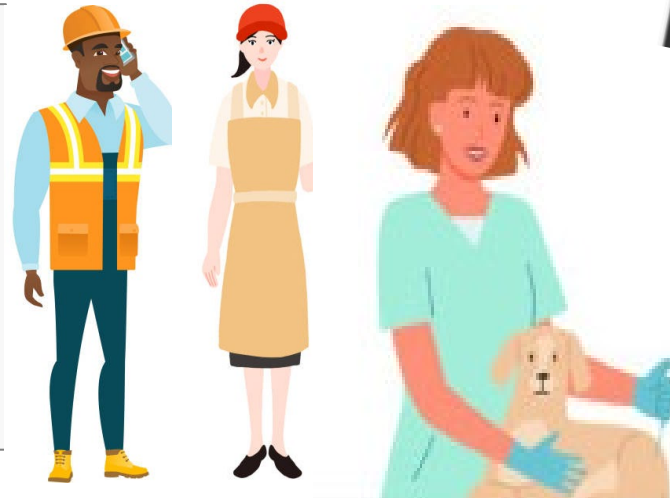
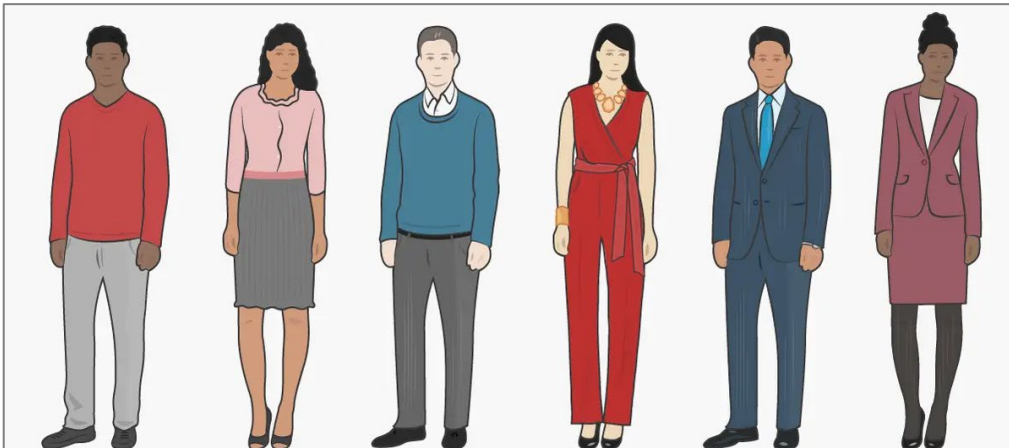
Movement, Posture, and Gestures

- **Movement:** sitting, walking, standing
- **Position:** standing or sitting
- **Gestures:** thumbs up, motioning to “come here” or “stop”, pointing, waving, clapping



Clothes

- First impressions
- Clean
- Match what you are doing
- Expected clothes (like at work)
- Shows area of interests



Hygiene and Grooming

Cleanliness

- Bathe or shower
- Use deodorant
- Wear clean clothes

Finger and toenails

- Cut and file nails
- Clean under them



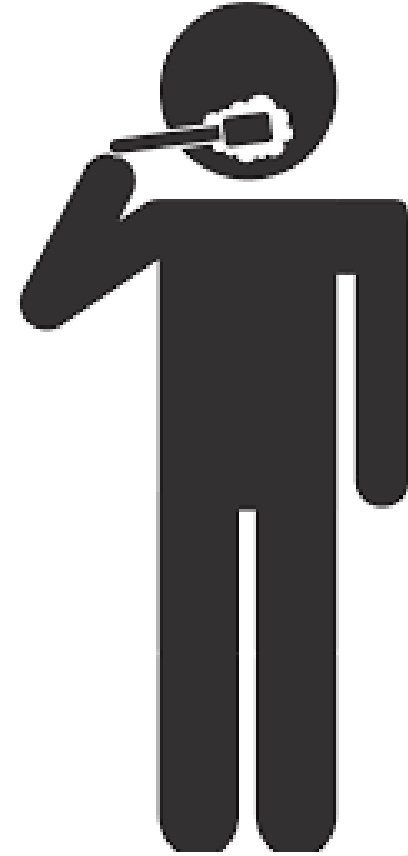
Hygiene and Grooming

Hair/Facial Hair

- Wash regularly
- Keep trimmed
- Comb or brush daily
- Shaven, trimmed

Teeth and Breath

- Brush teeth daily for at least 2 minutes
- Use mints

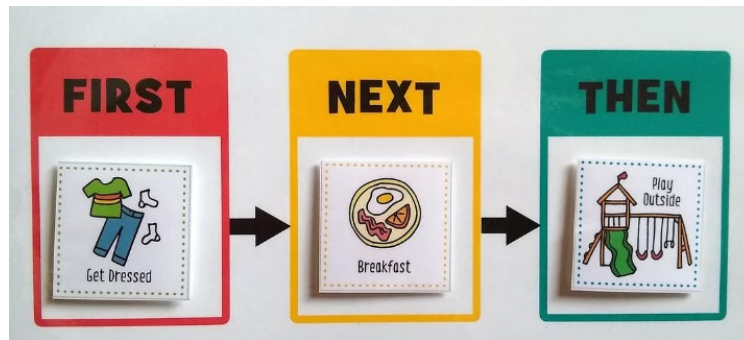


Visuals



NO TALKING

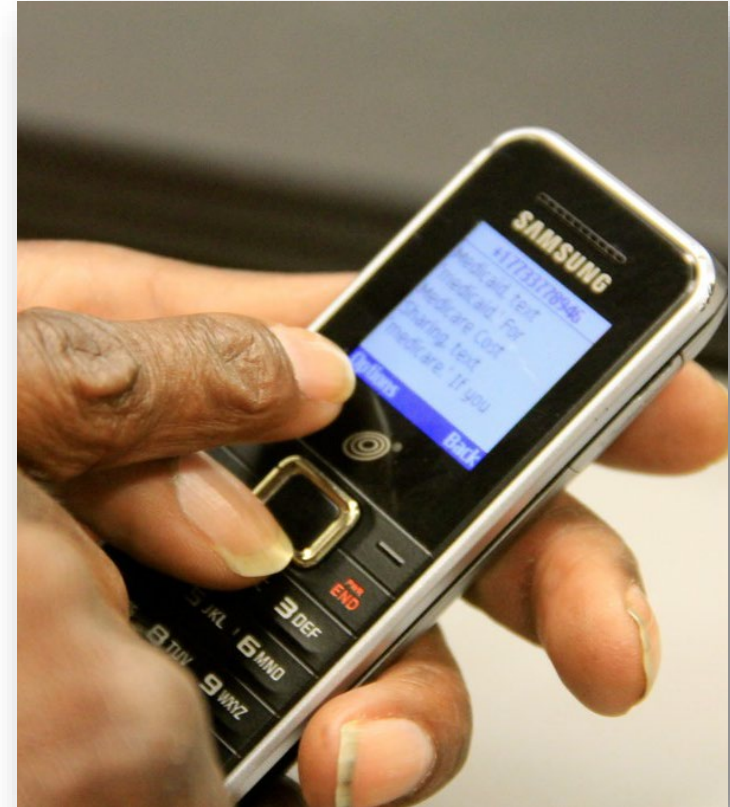
- Pictures or symbols
- Communication boards
- Photo or picture checklists
- Signs
- See visuals everyday!



Written and Electronic Communication

Written Communication

- Handwritten or electronic like email, texting, social media, etc.
- Relays an idea or thought
- Exchanged between two or more people
- Assistive technology may be written or electronic



Written and Electronic Communication

Electronic communication

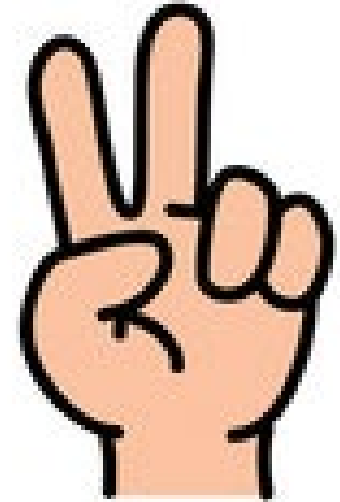
- Phone
- Computer
- Online platforms (social media like SnapChat, Instagram, Discord, etc.)
- Assistive devices



2-Message Rule

ONLY send or leave **2** messages (of any kind...text, voice mail, email, social media, etc.). If they don't respond, move on!

2
two



Assistive Technology

- Specialized keyboards
- Touch screens
- Dictation (text to speech)
- Word prediction (suggests correct spelling or grammar)
- Voice recognition
- Spell check
- Dictionaries
- Screen readers
- Braille display
- Others



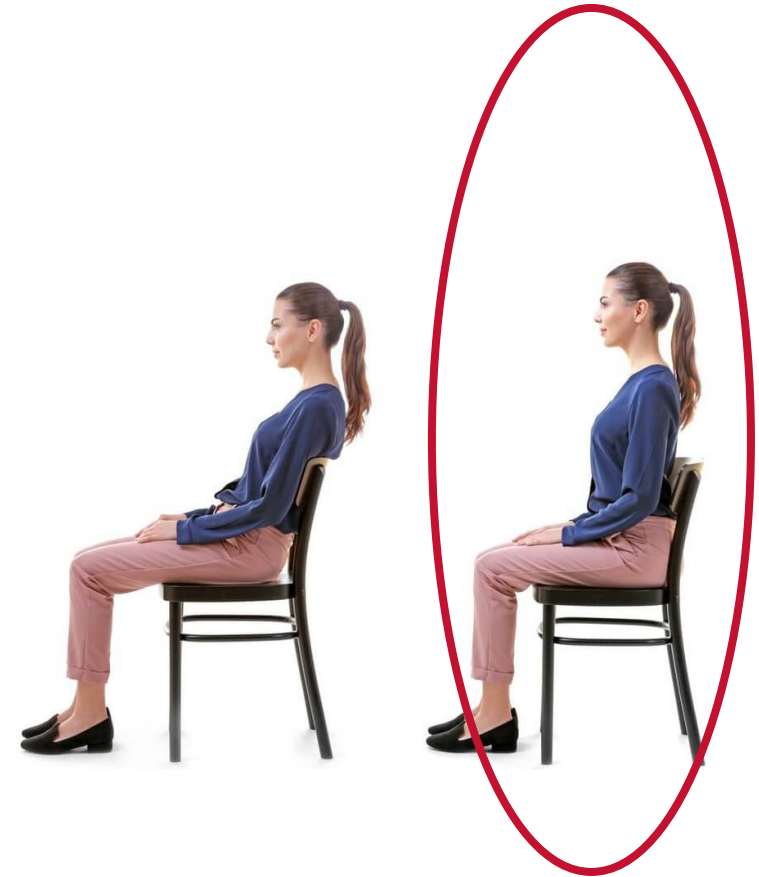
Body Language

Positive

- Smiling
- Facing you
- Talking with hands
- Looking at you
- Nodding
- Sitting up straight

Negative

- Frowning
- Arms crossed
- Hands on hips
- Slouching
- Talking with hands
- Looking at their watch



Flexibility



Being Flexible with Thinking



- Being ok if things change
- Trying new things
- Thinking differently
- Not always getting our way
- Knowing we cannot control everything
- “Rolling with the flow”



Being Flexible

- Change can be hard
- Trying new things can be hard
- Thinking differently can be hard

Inflexible Thinking



- Rigid thinking-not bending
- Only do things a certain way
- Refuse to try new things or ways of doing things
- Not seeing things from others point of view
- Not letting go of control
- Causes anxiety

Getting Stuck



- When we aren't flexible, our brain can get **STUCK** on a thought or way of doing things
- Can cause issues with relationships
- Can make us more anxious

Getting Stuck



Gym—I hate to run! I want to do art, that was the plan.

You can't change the plan like that, I love art

But art is on the schedule, that's what we are supposed to be doing

What could he think to be more flexible when art is on the schedule, but now we have to go to gym?

No art? Why gym, it was supposed to be art, it's always art on Monday

Compromising

When someone else is involved and it's hard to be flexible:

- Win-win (both people win!)
- You AND the other person get and give up something
- Example:
 - You want to play video games until 11:00p.m.
 - Your parents say you are done at 9:00 p.m.
 - You talk and agree on 10:00 p.m.
 - Both get something and give up something

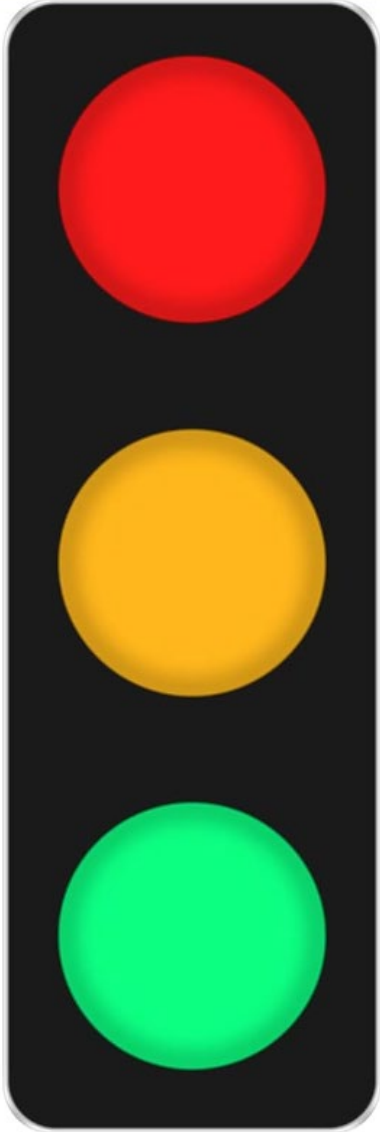


Video-Compromising

<https://www.youtube.com/watch?v=aVBZW2XzwC4&t=15s>



When Flexibility is Hard



- **STOP**-before I say or do anything
- **THINK**-about how I feel and why being flexible is hard
 - Ask myself: “Do I have control over the situation?” or “What is their point-of-view?” “Can we compromise?”
- **CHOOSE**-how I will handle it while trying to be flexible

When Being Flexible is Hard

1. Stay calm
2. Tell yourself it's okay to do some things differently or try something new
3. Try not to get **stuck** and angry, frustrated, and upset
4. You cannot control some situations (but can control your responses)
5. Do something that relaxes you (meditate, take deep breaths, listen to music, think about something else, take a walk)
6. Compromise, if possible
7. Go with the flow, and tell yourself its okay if things change



Flexibility

<https://www.youtube.com/watch?v=bEQ8uQgfJAA>

BE OPEN TO NEW IDEAS AND WAYS
OF DOING THINGS, OR HEARING
SOMEONE ELSE'S POINT OF VIEW.



Home Activities



Home Activity Checklist



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Series 2-Session 3: Non-Verbal Communication and Flexibility

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 3 Handout on Non-Verbal Communication and Flexibility
	Complete the Non-Verbal Communication Worksheet
	Complete the Flexibility Worksheet
	Review the provided resources on Non-Verbal and Flexibility

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

Home Activities

Youth Self-Determination Series 2 Session 3-Flexibility-Worksheet

Look at each situation and their thoughts.
Write how she could be more flexible.

Is she being flexible?
I am supposed to be at work at 4, and my boss asked me to come in at 3....



Thought bubbles:

- Why should I go in when I'm not on my schedule?
- I don't have plans, but the schedule said 4.
- I don't have to be there until 4!
- That's not fair, they said 4.

What could she think to be more flexible?

What could she think or do to be more flexible:



Non-Verbal Communication Worksheet

Circle whether the non-verbal communication below is:

Positive (+) or Negative (-)

Smiling	+	-
Rolling eyes	+	-
Sitting up straight	+	-
Tapping foot	+	-
Frowning	+	-
Using deoderant	+	-
Stinky breath	+	-
Wearing clean clothes	+	-
Thumbs Up	+	-

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

Next Steps:

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

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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