

Self-Determination-Series 3
Session 3: Review, Flexibility, Communication

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Welcome back!





Messy room or neat room?




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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



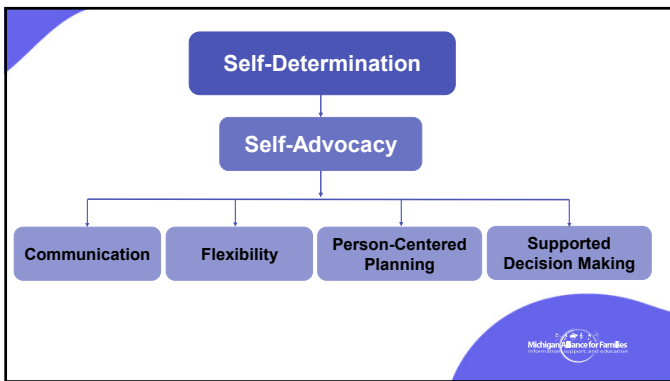
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Today

- Review 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



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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)






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What is a self-advocate?

YOU...

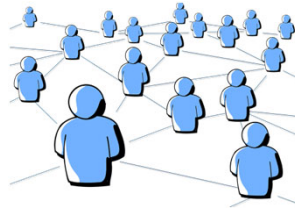

- Know what you and what is possible for you!
- Have more c_____ of you
 - *control*
- Make life d_____ with people who can support you
 - *decisions*

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Communication

VERY Important for Self-Advocacy






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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)



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2-Way Communication is...

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



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**Review
Communication
BUILDERS:**

**What We Should Do
When Communicating**



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Communication Builders


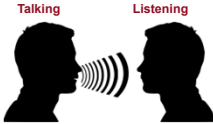
- Trade information
- Find common interests
- Listen to the person
- Watch body language
- Match the mood
- Use good volume
- Use good body boundaries
- Look toward the person



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Listening

- Helps us know what our communication partner is communicating
- We listen to others, they listen to us
- We let them know we are listening through verbal and non-verbal responses
 - Short comments (uh-huh, nice, wow, that's cool, really, oh man...)
 - Nod (a little)



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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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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*





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Communication busters...

A. Are things we should try to DO in communications

B. Are things we should try to AVOID in conversations

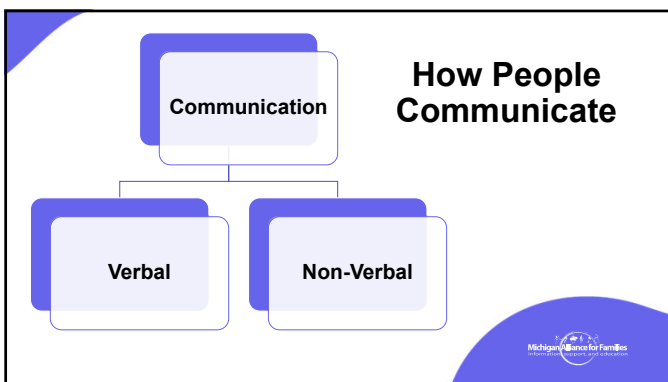
(Put A or B for your answer in the chat)

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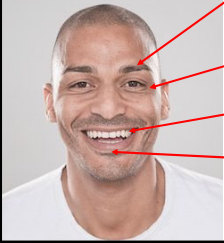
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- Non-Verbal Communication
- Facial expression
 - Body position, movement, gestures
 - Personal space
 - Eye contact
 - Assistive technology
 - Visuals
 - Written and electronic communication
 - Hygiene/grooming
 - Clothing

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Facial Expression

HAPPY



- Eyebrows up
- Eyes squinting
- Teeth showing
- Wide smile


- Eyes
- Eyebrows
- Mouth

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Facial Expression

Frustrated



- Pulling hair (or arms raised and hands on head)
- Eyebrows scrunched
- Eyes squinting
- Teeth showing and clenched


- Eyes
- Eyebrows
- Mouth

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Movement, Posture, and Gestures

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





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Clothes

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



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Hygiene and Grooming

Cleanliness

- Bathe or shower
- Use deodorant
- Wear clean clothes

Finger and toenails

- Cut and file nails
- Clean under them



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Hygiene and Grooming

Hair/Facial Hair

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


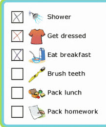




Teeth and Breath

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



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Visuals

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


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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



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Written and Electronic Communication

Electronic communication

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



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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








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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

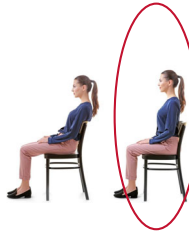






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Body Language


<p>Positive</p> <ul style="list-style-type: none"> • Smiling • Facing you • Talking with hands • Looking at you • Nodding • Sitting up straight 	<p>Negative</p> <ul style="list-style-type: none"> • Frowning • Arms crossed • Hands on hips • Slouching • Talking with hands • Looking at their watch
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Flexibility



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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”

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Being Flexible

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

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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



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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



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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!

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

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?



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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



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Video-Compromising



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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

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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



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Flexibility

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



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Home Activities



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Home Activity Checklist

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Youth Self-Determination Series-Home Activities Checklist
Series 2-Season 2: 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
<input type="checkbox"/>	Review the Class 3 Handout on Non-Verbal Communication and Flexibility
<input type="checkbox"/>	Complete the Non-Verbal Communication Worksheet
<input type="checkbox"/>	Complete the Flexibility Worksheet
<input type="checkbox"/>	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

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Home Activities

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Youth Self-Determination Series 2
Season 2 Flexibility Worksheet

Look at each illustration and think about how you might feel. Write how you would feel in the space.

Is this being flexible?

(Write "Yes" or "No" in the space.)

What could you think or do to be more flexible?

👍 | Non-Verbal Communication Worksheet

Circle whether the non-verbal communication below is:

	Positive (+)	or	Negative (-)
Smiling	<input type="checkbox"/>		<input type="checkbox"/>
Blinking eyes	<input type="checkbox"/>		<input type="checkbox"/>
Sitting up straight	<input type="checkbox"/>		<input type="checkbox"/>
Tapping foot	<input type="checkbox"/>		<input type="checkbox"/>
Frowning	<input type="checkbox"/>		<input type="checkbox"/>
Using deodorant	<input type="checkbox"/>		<input type="checkbox"/>
Stinky breath	<input type="checkbox"/>		<input type="checkbox"/>
Wearing clean clothes	<input type="checkbox"/>		<input type="checkbox"/>
Thumbs Up	<input type="checkbox"/>		<input type="checkbox"/>

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

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Next Steps:

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

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<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821
 En Español 313-217-1060
 Statewide Email: info@michiganallianceforfamilies.org




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