



Respectful Futures

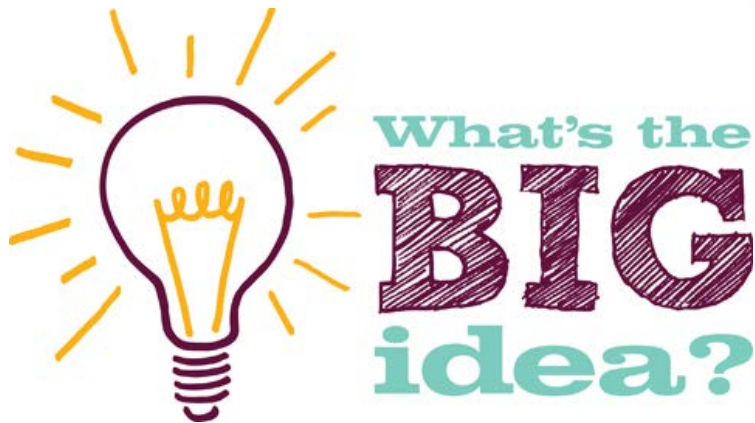
Shaping Healthy Relationships



Module 3

Building Better Relationships through Better Communication

Big Idea



Communication
is at the core of building
strong relationships,
and listening
is at the core of
communication.

Brainstorm

- How can you tell that you are being listened to?
- How do you know when you are not being listened to?



Three Forms of Communication

Verbal

Non-verbal

How we listen

Verbal Communication

What we say and
how we say it;
our words, tone of voice

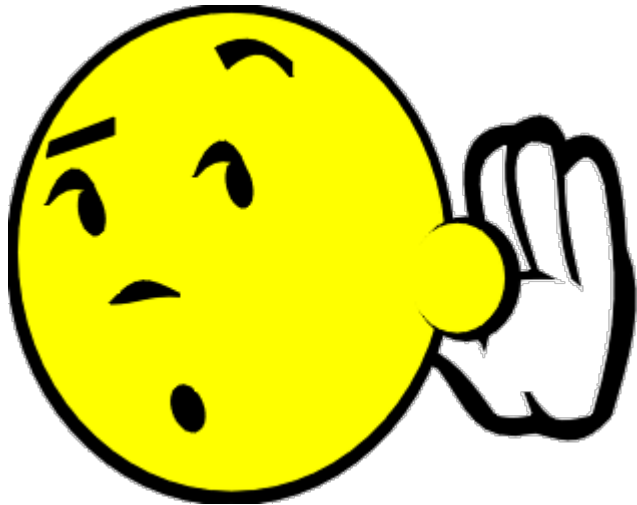


Non-Verbal Communication

Communication without words;
facial expressions, body language



How We Listen



Indicates our level of interest
in the other person and
what they are saying

Three Forms of Communication – Some Questions

- How do the components of communication relate to the Me+You+Us Model?



Three Forms of Communication – Some Questions

- How can paying attention to the other person help us communicate more effectively?



Communications Charades



Any difficulties “reading” exact emotions through body language alone?

Communications Charades – Part 2



Role Play

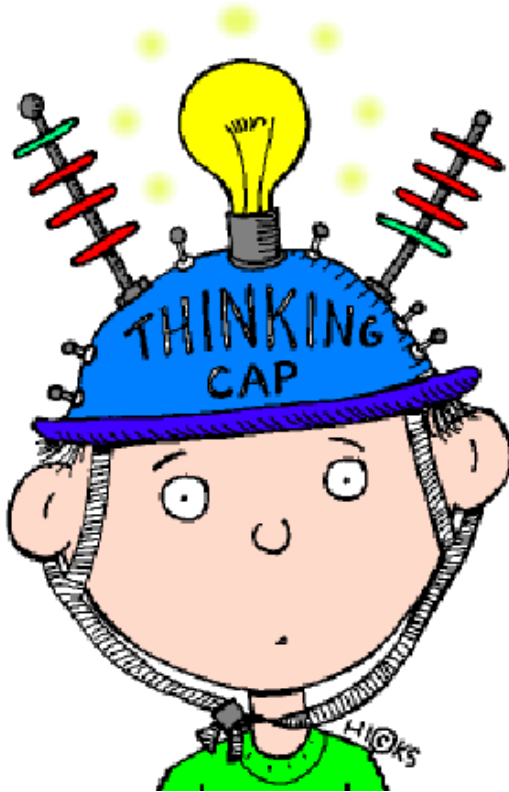


Reflect on Activities



- How would you determine what a person really thinks or means? Would you rely on words or non-verbal cues? Why do you think so?

Reflect on Activities



- How can we ensure that we do not misinterpret non-verbal messages? What should we do?

Reflect on Activities



- When verbal and non-verbal messages appear contradictory, how can you ensure that you've understood the other person correctly? What would you do?

Reflect on Activities



- People express emotions differently. How might this complicate your ability to understand another person?

Reflect on Activities



- When you can't see or hear the other person, you miss up to 80% of the information. How does this influence your ability to understand another person through texts or other electronic apps and media?