

SPEAK UP**WHEN IT
COUNTS****Model**

Lately, Nancy's friend Rashad has been making fun of her at school. He calls her stupid and ignores her when she tries to talk to him. After school he visits and acts as if nothing had happened. Nancy decides to use her communication skills to stop this abuse.

First, Nancy thinks about what she'll say. (*Think before you speak.*) The next time Rashad comes by after school, Nancy looks him straight in the eye. (*Make eye contact.*) She tells him that his behavior at school hurts her. She says that she likes talking to him and hanging out with him, but she doesn't understand why he picks on her at school. (*Be direct.*) She is hurt, but she knows that making nasty remarks won't help. (*Avoid being rude or insulting.*) When she's done talking, she waits for Rashad to respond. (*Pay attention.*)



Practice

Read the following scenario and answer the questions that follow.

Matt's friend Emma dreads going to school. Every day, a group of kids makes sexual comments about her body as she walks by. It amazes Matt that his friend Will is one of those kids. He decides to talk to Will alone the next day.

MATT: (*speaking clearly and steadily*): Will, I really need to talk to you about Emma.

WILL: (*laughing, looking away*): Oh yeah? What about her?

MATT: (*keeping eye contact with Will*): I'm really worried. I think that the comments that you make bother her.

WILL: (*mumbling, interrupting*): She knows we're joking.

MATT: (*pauses*): I realize that you might think that, but I think it's sexual harassment.

WILL: (*looks surprised*): Really? I never thought about that.

1. How is Matt communicating effectively?
2. Which skills does he use?

Apply/Assess

Role-play one of the following situations with a classmate. Use good communication skills to express your thoughts and feelings.

- A teen teases another teen about his haircut.
- A teen makes fun of the way another teen answered a question in class.
- One teen's friend bullies another friend of hers.



Communication Skills

Speaking skills

- Think before you speak.
- Use "I" messages.
- Be direct, but avoid being rude or insulting.
- Make eye contact, and use appropriate body language.

Listening skills

- Use conversation encouragers.
- Pay attention.
- Show empathy.
- Avoid interrupting, but ask questions when appropriate.

Self-Check

- Did we use good communication skills in our role-play?
- Was our role-play realistic? Why?

