

## Speaker Notes

Title of Presentation: Communication for Teens

**Page 1** – none.

**Page 2** – none.

**Page 3** – Why is communication important to talk about?

1 - it's constant

2 - affects all aspects of daily life

Good communication means sending clear and consistent messages not just with words but with gestures, tone of voice and body language. Good communication also involves being a good listener.

**Page 4** – Discussion: Ask how the audience express and communicate feelings both verbally and nonverbally. (You may want to use role playing.) “When you don’t know how you feel:” Discuss this as a group, then talk about how to identify feelings.

**Page 5** – none.

**Page 6** – You can send positive messages just by having appropriate body language and tone of voice.

**Page 7** – none.

**Page 8** – “I” statements: puts you in control of your thoughts, feelings and statements.

Tell them how you feel with the “I” statements. Express your feelings, but also take responsibility for them.

Describe a behavior rather than judgment: You are not asking a person to defend themselves.

Be specific rather than general: example: “You interrupted me” rather than: “You don’t care about me”

**Page 9** – Give your full attention to the person speaking. Make sure you are focused on them and not looking out the window etc.

Let yourself finish listening before responding. Many times you are already thinking about a response and the person has not finished their thought or sentence.

**Page 10** – none.

**Page 11** – none.

**Page 12** – none.

**Page 13** – none.

**Page 14** – none.

**Page 15** – none.

**Page 16** – none.