

Communication

Level: Seconde

Objective:

Develop skills in order to communicate effectively, openly, and with respect towards people in their lives (relatives); specifically their parents.

Expected Behaviours:

- Students feel empowered to communicate their feelings, worries and ideas to others in a clear and thoughtful way
- Restore a positive parent-child dialogue
- Understand how to listen to the opinions and comments of others

Information:

Being a teenager and getting along with parents can be tricky. As students transition from childhood to adulthood, it's normal for them to sometimes feel as though their parents do not understand them, or won't let them have the freedom they want. Communication with parents or older members of the community may clear up misunderstandings and help them see the students as mature and responsible.

When students wish to speak with someone, they should set up a time with them in advance and prepare their points so they can communicate directly and clearly. They should choose a private place at a time that is not busy so they can discuss their feelings without interruption. To begin, it is polite to thank the person for taking the time to speak with them. If there was a previous argument with this person, or if the student had angered or offended them in the past, they should apologise for the actions that have hurt them. Students should be reminded that parents are not the enemy, but someone who loves and wants the best for them.

During the discussion, students should try to stay calm. This does not mean they should not show any emotions, but remember that when they demonstrate that they are very angry or upset by yelling, crossing their arms and sighing, or doing similar behaviours, it can cause the person they are speaking with to shut down and not listen. It can also cause the other person to become extremely emotional themselves, so neither person truly hears what the other is saying.

Students should avoid walking around, multitasking, or becoming distracted. It is important to let the person they are speaking with know they have their full attention. They should think about the way they are sharing their ideas, and make sure they do not sound aggressive or arrogant. One good tip for communication is starting sentences with the words, "I feel..." or "When you do/say {insert words or actions being discussed} it makes me feel...." This helps to show the other person that the student is taking ownership of their own emotions, and not accusing them of anything. This can help them to avoid feeling defensive, and stay open to the

conversation. If they say something the student does not understand, ask them for more explanation or clarification.

At the end of the conversation, both individuals should talk about what can be done in the future (behaviours, attitudes, or communication) so that they both feel respected. Finally, students should thank them again for speaking with them.

Summary and Key Messages:

During adolescence, it may feel harder to communicate or get along with parents or older members of the community. Communication, when done openly and respectfully, is a good way to alleviate these issues. When students are having issues with a person, they should ask to speak with the person directly at a time when they are not distracted or could be interrupted. At the time they should remain calm and open to other ideas and ask them how they can communicate more respectfully in the future. Finally, they should thank them for their time.

Sources:

http://www.hr.ucdavis.edu/ASAP/pdf_files/Communication%20with%20Adolescents_Tip_Sheet_v3_ck_12052014.pdf