

Day 2 – Communication, Peer-Pressure, and Refusal Skills

Name _____ Period _____

Communication: Two types of communication

1) _____

Give an example: _____

2) _____

Give an example: _____

Verbal Communication:

Speaking skills:

> _____

> _____

- > Stick to the point
- > Right time and place
- > Body language matches the words

> _____

“I” statements:

- A “you” statement can make a person feel defensive and create anger.
- An “I” statement should include the word _____ and a _____
_____.
- Example:
 - Not an “I” statement: “You are so annoying! Would you just shut up?”
 - An “I” statement: **I** cannot **concentrate** when you keep talking. Would you mind keeping it down?”

Listening skills:

> Pay attention to what the speaker is saying

> _____

- > Ask questions (active listening)
- > Body language that shows you are listening

- * Eye contact
- * _____
- * Facial gestures
- * _____
- * Touch

Three Styles of Communication

Peer-Pressure

Positive peer pressure

> _____

>Examples

- * Sports
- * College
- * School

Negative peer pressure

> _____

>Examples

- * Stealing
- * Drugs/alcohol
- * Sexual intercourse

Peer-Pressure

- S - _____
- T - _____
- O - _____
- P - _____

➤ Every life situation is different. This is a technique that may help you in a negative peer pressure situation.