



THE RESILIENCE READER

CHAPTER 15: ASSERTIVE COMMUNICATION - PT. 1- SOCIAL MEDIA

Competency: Connection

Ways to Communicate

Face to Face
Phone: Verbal
Phone: Texting

E-Mail
Face Book
Face Book Messenger

Instagram
Snap Chat
Tik Tok

Did you know
The ATC model applies to Social Media, too!

- 1 Make a pie chart of how often you use each of these forms of communication.



- 2 Shade in the Social Media slices

Different People interpret the same messages on Social Media differently. See examples of how they react below.

@yourname
I thought we were
best friends. #Betrayed

I can't believe
I let down
my best friend.

E: Sad
R: Cry

@yourname
I thought we were
best friends. #Betrayed

What is she even
talking about?

E: CONFUSED
R: TEXT MY FRIEND

List the benefits communicating via
Social Media or Texting

List problems with communicating
via Social Media or Texting.

What should you share?

Some information is best shared verbally or in person, other information can be shared on Social Media. we can't hear voice tone, volume and sometimes our Confirmation Bias doesn't let us see past the words on the screen.

What information can be shared on Social Media or texting?

Example: How good your meal was at a restaurant.

What Information is NOT OK to share on Social Media or Texting?

Example: Fights with family members..