

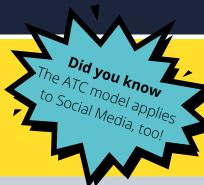
THE RESILIENCE READER

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

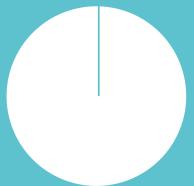
Competency: Connection

Ways to Communicate

Face to Face Phone: Verbal Phone: Texting E-Mail Face Book Face Book Messenger Instagram Snap Chat Tik Tok

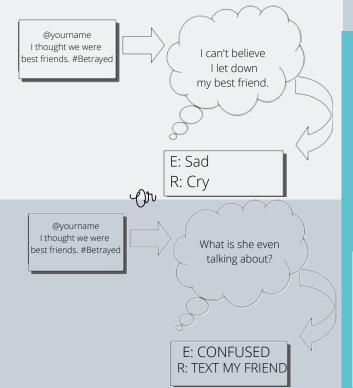


Make a pie chart of how often you use each of these forms of communication.

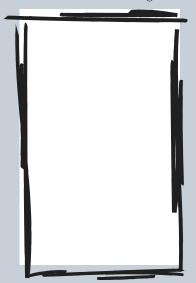


Shade in the Social Media slices

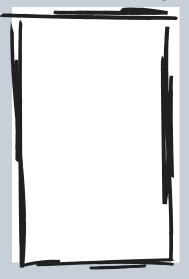
Different People interpret the same messages on Social Media differently. See examples of how they react below.



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 Confirmaion 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 restaraunt.

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

Example: Fights with family members..