



ثانوية التكنولوجيا التطبيقية
Applied Technology High School

Health

Handout

CHAPTER 2

LESSON 5 and 6

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Lesson 5 - Communication Skills

▶ **Communication :-**

is the essential skill in building healthy relationships and exchange of thoughts, feelings, and beliefs between two or more people.

- ▶ ***Good communication* is not only about getting a message across successfully.**
- ▶ **It is also about being able to listen to messages you hear. This means paying attention to and hearing what the other person is saying.**

Q1:-Where can the communications fail , in sending or receiving parts?

Ans:-

- ▶ **Both**
- ▶ **Sending :- Not clear – other are not listening**
- ▶ **Receiving :- Noisy place – Not listening – other language**

Q2:- Important part that makes you great communications ?

- | | | |
|-----------------------|-------------------------------|------------------------|
| 1. Talk nicely | 2. Be polite | 3. Don't shout. |
| 4. Talk simply | 5. Don't talk quickly. | |

Q3:- How much you should talk in comparison to the amount of listening?

- ▶ **Depend on you.**
- ▶ **If you are speaker you speak more but if you are listening you listen more.**

Q4:- Can you remember problem that happened in your life due miscommunications ?

- ▶ **Yes**
- ▶ **One times my father told me wake him up at 8:00 but I hearted 9:00 so I wake him up at 9 not 8**

Q5:-How will you communicate with people around you from now on?

- ▶ **1. Talk nicely**
- ▶ **2. Be polity**
- ▶ **3. Don't shout.**
- ▶ **4. Talk simply**
- ▶ **5. Don't talk quickly.**
- ▶ **6. Speak loudly**

► **Types of communication :-**

1. Verbal communication:-

1. Writing.

2. Speaking.

2. Non Verbal Communication

► **nonverbal communication—communication without words.**

1. body language

- The use of visual cues to communicate information or feelings
- Body Language includes posture. In addition to, gestures and facial expressions are part of the body language.

2. Intonation or tone of voice.

- When you speak, the sound of your voice alone can send a message. How you say something can be just as important as what you say.

Mixed Messages

- ▶ Verbal and nonverbal messages can send two different messages.
- ▶ Body language and intonation often occur naturally without any effort. Some people, for example, use hand gestures when speaking. Sometimes, however, verbal and nonverbal messages can send two different messages. For that reason, you should try to become aware of the nonverbal messages say another.
- ▶ you send. Otherwise, you run the risk of sending mixed messages. A mixed message occurs when your words say one thing but your body language and/or intonation

Effective Verbal Communication

Speaking Skills



Listening Skills

Listening Skills

1. Sit up.
2. Look interested.
3. Lean forward.
4. Listen.
5. Act interested.
6. Nod your head to show that you are tuned in.
7. Track the speaker with your eyes.

- ▶ speaking skills.
- ▶ These skills determine how a message is delivered

- ▶ listening skills
- ▶ which determine how a message is received..
- ▶ Listening skills are the part of the communication process that is most often overlooked

Why do we need to develop the listening skill?

1. Understand better
2. Respect the person

- ▶ Good communication
- ▶ Good communication means one is speaking and the other is listening

- ▶ good listener
- ▶ A good listener is an active listener. Active listening is hearing, thinking about, and responding to the other person's message. The following suggestions can help you become a more active listener.

▶ *Listening is the key For good communication*

"I" Messages

"I" messages tell how the speaker feels

- ▶ Why we used of "I message " one of the effective ways of communications ?
- ▶ **Because I message tell how the speaker feels.**

"I" messages are a key speaking skill.

- ▶ "I" messages do not accuse or scold the way "you" messages do. This makes them very powerful communication tools.
- ▶ I'm mad because I wanted to work on the project together. I wanted you to wait for me."
- ▶ This is an example of an "I" message.

Skills for Good Communication

- ▶ Stay calm
- ▶ Stick to the point
- ▶ Choose the right time and place
- ▶ Be aware of your body language and intonation
- ▶ Don't assume that someone knows what you are thinking

- ▶ If you feel that someone intentionally tried to hurt your feelings
- ▶ When giving compliments, be careful of what you say
- ▶ Be careful of the tone of voice that you use
- ▶ Speak slowly and clearly

What are some other skills of active listening?

- ▶ 1. Pay careful attention to all that the speaker has to say
- ▶ 2. Use body language that shows you are listening
- ▶ 3. Think for a moment before speaking
- ▶ 4. Ask questions

The end of Lesson 5

Lesson 6 - Peer Pressure and Refusal Skills

What is a Peer Pressure?

Strong influences from people in a group to make the group members do something

- **Peer pressure can be a powerful force during the teen years.**
 - **Teens look to members of their groups for acceptance.**
 - **Peer pressure can influence healthful choices.**
 - **Some peer pressure is direct and others are indirect.**
 - **Direct peer pressure takes the form of words or actions directed toward you.**
 - **Indirect peer pressure is more subtle than direct peer pressure.**
- Focus on Peer pressure can Influence your decisions positively or negatively**

Peer Pressure: Positive Vs. Negative

Positive Peer Pressure :

- Inspires you to be the best person you can be.
- You can be positively influenced to do something that improves your own well-being and health.
- Positive peer pressure can influence you to do better in school or to participate in after-school activities.
- Example of Positive Peer Pressure

1.Study together

2.playing together

3.praying together

Focus on Positive peer pressure can encourage healthy habits.



Negative Peer Pressure :

- Is the pressure to do something that could hurt you or others, or get you into trouble.
- It often goes against your own wants, needs, or values.

Example of Negative Peer Pressure :

1. Smoking together
2. Writing in a school wall.
3. sheeting together

Focus onList name some forms, that negative peer pressure can take.

Always think of the consequences !!!

Refusal Skills

- Negative peer pressure can be very strong. When anyone challenges your beliefs or values, you need to be strong, too!
- **Refusal skills:** Are communication strategies that help say no effectively.

A strategy for refusing:

Many teens find the **S.T.O.P** to be an effective way to say no to risky behaviors.

The letters in **S.T.O.P** represent the four steps in the strategy:

1. **Say no in a firm voice:** state your feeling firmly but politely
2. **Tell why not?** if the other person keeps up the pressure, explain why you feel the way you do
3. **Offer other ideas:** if the person pressuring you to do something is a friend , you can choose to suggest alternatives
4. **Promptly leave:** if all else fails just walk away

- *They help you avoid doing things you do not want to do without feeling uncomfortable about your decision.*
- *By using refusal skills, you stand up for your values, which builds self-respect.*
- *You also show others that you have strength and character. These qualities will win their respect as well.*

The Three Styles of Communication

1. Aggressive:

means speaking in a way that is overly forceful, pushy, hostile
is overly forceful, pushy, hostile, or otherwise attacking in approach.

- **Aggressive communication can stir up anger in the listener and can even lead to violence.**



2. Passive:

The person might be uncertain or easy to persuade.

A style of communication
that includes a tendency to
give up, give in or back
down without standing up
for your rights and needs



3. Assertive :

Speak in a firm but positive voice

- Behaving with confidence and clearly stating your intentions.
when your are assertive you stand up for your own rights while respecting the rights of others.
- Which is style of communication would you prefer to use? Why?
- Assertive , Because I like to speak on positive voice.

The end