Encourage students to reflect on the following prompts individually or lead a large group discussion.

1. What style of communication do you use the most? Why?

2. What style of communication have you found to be the most successful to use? Why?

3. Does the style of communication you use change depending on who you are talking to? (e.g., parent, friend, sibling)

4. What other factors might make you more likely to use one style of communication over another? (e.g., stress levels, cultural factors, power dynamics)

   a. What can you do to make it easier for you to use assertive communication? (e.g., managing stress levels through self-care or self-soothing before having important or sensitive conversations)

5. What can you do if you are trying your best to communicate with someone but they do not seem responsive?

6. When can saying no be difficult? Why can saying “no” be difficult? Why can asking for what you need be difficult?