

TEACHER RESOURCES: COMMUNICATION

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?