**Communication Worksheet**

**Types of Verbal Communication**
Use phone, computer, letter, mouth, paper, hands for signing, electronics. Emails/text, webcam

**Non verbal Communication examples**
Use of actions, body language to express feelings

**Listening (actively versus inactively)**
Eye contact: gestures: Repeat what was said. Rephrase. Considered inactive when not listen
Talker feels that what he says/does is not important

**I-message**
Better. Expresses how you feel and are thinking. It avoids attacking

**You message**
Blames and shames. Put others down. Does not give the person an opportunity to share. Non personal/general includes all even if they are not involved

**Prejudicial Behavior**
Discriminate. adverse judgement. Formed without looking at all facts/opinions

**Avoidance**

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**Chapter Two: Skills for a Healthy Life**

**Section One: Building Life Skills**

**Ten Life Skills**

1. Assess your life right now
2. Do you communicate effectively? How?

3. Examples of how you practice wellness

4. How do you cope in times of stress?

5. Show an example of how you demonstrate being a wise consumer

6. What media messages (tv, radio, internet etc) influence you as a consumer?

7. Community messages: What is happening in Allen?

8. Outline a great decision you have made

9. What refusal skills do you use (see other sheet)

10. Describe your goals: Short term and Long term

   Short Term                                      Long Term

   Making Great Decisions

   GREAT:
   Give thought to the problem  Review your choices
   Evaluate the consequences of each choice
   Assess and choose the best choice  Think it over afterward

   Choose a health-related topic and describe each step
1. The problem

2. List at least 3 choices
   a.
   b.
   c.

3. List the consequences of each choice
   a.
   b
   c

4. What would be the best choice.

Why?

5. How can you evaluate/revaluate/decide this was the best choice

Section Three: Resisting Pressure from Others

Name the Positive Influences in your life:
Role model friends family coach counselor pastor youth minister
Also good grades, being on a team, community

What Negative Influences are you aware of?
Drugs poor grades, skip school, drive fast, take risks, cheat, lie

**Types of Pressure:**

**Direct (6)**
1. tease  
2. persuasion  
3. explanations  
4. put downs  
5. threats  
6. bribery

**Indirect (6)**
1. tv/radio  
2. internet/computer cell phone  
3. advertising  
4. role models  
5. popular people  
6. famous people

**Twelve Refusal Skills:**
1. Blame someone else
2. Give a reason
3. ignore the request/pressure
4. leave the situation
5. say "no thanks"
6. say "no" and mean it

7. keep saying no

8. make a joke out of it

9. make an excuse

10. suggest something else to do

11. change the subject

12. team up with someone else