

Communication

Skill Cues ■ Grades 9-12

STANDARD 4

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.



I TELL YOU

- I**dentify feelings, thoughts, ideas
- T**ell feelings, thoughts, ideas
- E**xpress using "I" statements
- L**ook at the person (people) you are talking to
- L**isten to the response
- Y**our body language is appropriate
- O**pen mind
- U**se assertive communication style

REFUSAL

I SAY NO

- I**-statement
 - S**tate a reason
 - A**ssertive voice
 - Y**ou are in control
- The "N^o" statement is clear and direct
- O**ptions (what else can you do: leave the situation, get help)

CONFLICT RESOLUTION

CONFLICTTS

- C**alm attitude, manage stress
- O**pen to opposing views
- N**ever make assumptions about what the other person (party) is thinking or feeling
- F**ocus on action, not the person
- L**ook for other options
- I**-statements
- C**ompromise (negotiate a solution)
- T**eamwork (make the decision together)
- T**iming (find a good time to communicate)
- S**etting (identify a good place to work through the issues)

NEGOTIATION

SLIDE

- S**tate what you want or need
- L**isten and clarify
- I**dentify with other perspectives
- D**etermine common ground
- E**licit agreement



HUMAN KINETICS

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