

Name _____ Date _____

Types of Communication Scenarios

There are three types of communication styles.

Directions: Use the descriptors of each type of communication style to write a response for each scenario.

	Passive Communicator	Aggressive Communicator	Assertive Communicator
	<i>Does not offer opposition when challenged or pressured</i>	<i>Aggressive, hostile, & unfriendly</i>	<i>Communicates with a direct and respectful way</i>
Your best friend tells someone else one of your secrets.			
Your partner tells you that you can't hang out with one of your friends.			

Noticing Red Flag Feelings

NAME _____

DATE _____

Directions

For your assigned example, write down what *red flag feeling* you might get if that situation happened. Then, work with your partner to complete the other columns and discuss with the class.

When this happens ...	Slow down, pause and remember Feel, Identify, Reflect, and Enact			
	<u>Feel.</u> Take stock of your emotions. <i>Are you feeling sad, anxious, jealous, excluded, or uncomfortable? If not, what emotion captures how you feel?</i>	<u>Identify.</u> Think about what caused you to have this feeling. <i>What happened? Was it something you—or someone else—said or did?</i>	<u>Reflect.</u> Consider possible responses. <i>What choices of action are available to you? What are the benefits or drawbacks—for you and for others—of each step you might take?</i>	<u>Enact.</u> Take steps to act. <i>How can you move forward to address the situation in a way that is positive and productive—for you and for others?</i>
1. I checked my phone five times in the last 15 minutes to make sure I didn't miss an update from my friends.				
2. I haven't finished my homework because I've been texting and snapping with my friends.				
3. I see a post of my friends having fun without me and I feel left out.				



RELATIONSHIPS & COMMUNICATION

*We know the power
of words & actions.*

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Noticing Red Flag Feelings

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4. I deleted several of my posts because they didn't get enough likes or shares.				
5. I posted so many videos and photos from my trip to the amusement park that I was embarrassed about it later.				

Exit Ticket

Write your responses here.



RELATIONSHIPS & COMMUNICATION

We know the power
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Social Media: Good? Bad? Both?

NAME _____

DATE _____

Directions

Read your assigned statement about social media. Think about whether you agree or disagree. Share your thoughts with your group. Then, listen to what the other groups say about the other statements. Take notes. Think about whether you agree or disagree with what's been said.

Statement	Agree? Disagree? Why?	Statement	Agree? Disagree? Why?
1. Most posts on Instagram aren't really true. People choose to post what they think will get the most likes or comments.		4. Building real relationships with people is much easier face-to-face. Those relationships are stronger and last longer.	
2. Posting on social media allows me to connect with people who have the same interests I do.		5. Without social media, people wouldn't be able to post new and creative things as easily. Artists have an outlet for their work because of social media.	
3. If you're having a bad day, social media makes it worse. You scroll through and see how great everyone else's life seems. It's depressing.		6. Social media isn't really about connecting with other people; it's just about showing off who you want people to think you are.	

