

THINK.  
INSPIRE.  
GROW.



HEALTHY  
COMMUNICATION

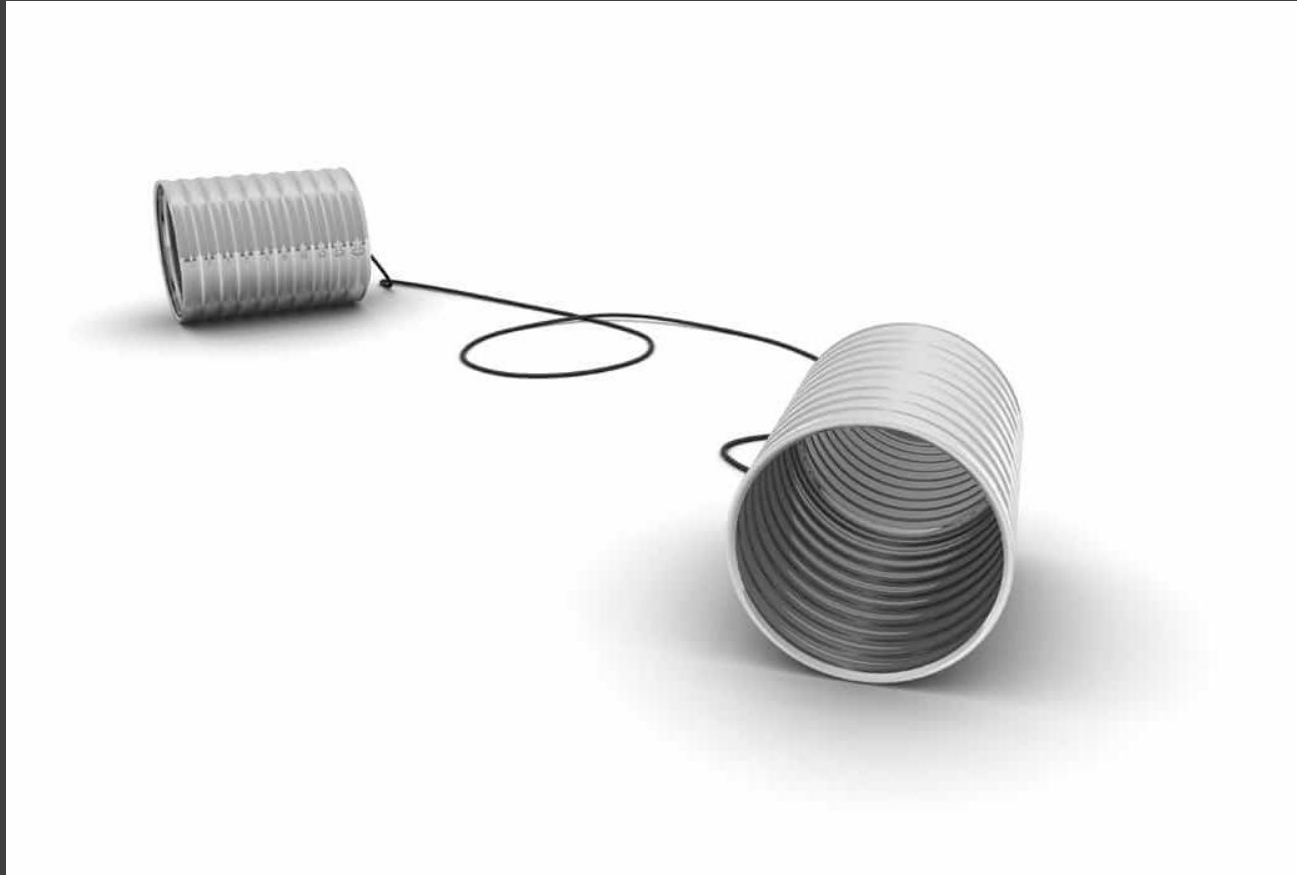
- sponsored by Charles County Public Schools'
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# Presenters and Objectives

- Monica Cherry
  - Pupil Personnel Worker
  - North Point High School
- Von Della Mckithen, M.Ed.
  - Professional School Counselor
  - North Point High School
- Maria “Maggie” O’Connor-Buckingham
  - Spanish Interpreter

- In this workshop, you will learn about communication from the viewpoint of your child.
- This presentation is designed to help you connect with your student as they find their way to improve communication.

# Communicating



- Literally EVERY relationship in your life is dependent on being able to communicate
- Many kids don't realize how helpful learning to communicate is..... until they really learn how to do it
- Learning how to effectively communicate can literally be a game-changer in your relationships



What is your  
definition of  
"healthy  
communication?"

"Healthy  
Communication"  
is:

A way to hear and be heard  
effectively.







# "Not Effectively Communicating"

THE RESULTS CAN BE.....

EVEN THOUGH YOU MATTER,  
SOMETIMES KIDS, AND LIKELY YOU  
OFTEN FEEL LIKE YOU DON'T

FEELING LIKE YOU DON'T MATTER IS  
NEVER OKAY



# Kids often Report that:

No one listens to me.

No one cares about what I say.

NO ONE EVER HEARS ME.

No one understands me.

I don't matter to anyone.



## Kids also say:

Everyone thinks I'm stupid.

No one thinks that what I have to say adds value to anything.

No one thinks I can help.

No one can connect with me.

Everyone talks to me like I am a child.



A red stethoscope is positioned on the left side of the image. Its tubing is artfully arranged to form a large, stylized heart shape that occupies the upper left and center portions of the frame. The chest piece of the stethoscope is visible at the bottom left. The background is a light gray with a large, semi-transparent white circle on the right side.

# "Healthy Communication"

It is for these reasons that it incredibly important that your child need to be heard, understood and valued! They need to know it!



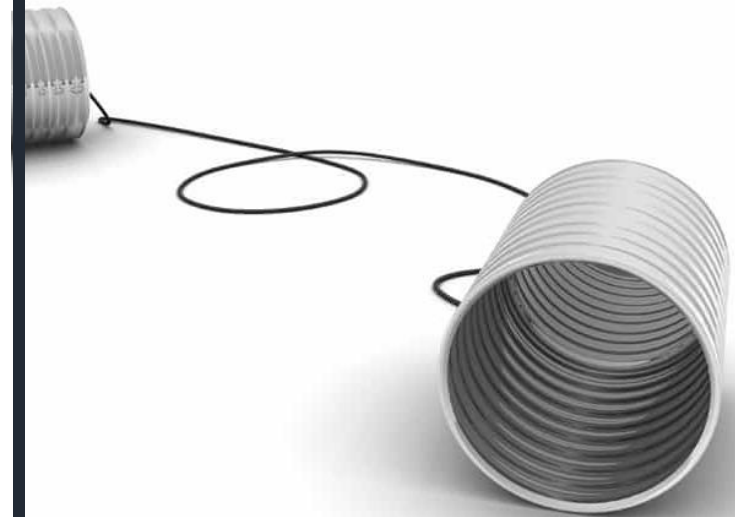
How would you rate  
your effectiveness in  
communicating with  
your child?

### Questions?

1. How "heard" do you feel after you talk with your child?
2. Do you feel like your child "gets" or understands you?
3. After talking to your child, do you feel like you have listened and understood your child's point of view?
4. After talking to your child, do you feel like they understand that he/she matters to you?

Do you think you need to work on anything?

**1** being not effective and **10** being  
completely heard.



# Let's Look At Some Examples

- Angel was upset w/ her friend for not including her on "Saturday night. She felt hurt, left out, and like she didn't matter
- She called her friend Kai and said, " Thanks a lot for inviting me on Saturday. It's cool, I don't matter. Whatever."
- Kai tried to talk to Angel, but Angel continued to say, "Whatever" and "It's Cool" and they were never able to resolve the issue

## Results:

Because Angel didn't say how she felt, she lost a really good friend.



# Let's Look At Some Examples

- Fernando found out that his teacher gave him a zero on this paper, and ended up failing his class
- He grabbed the paper, cursed and said, "this is garbage I'm out of her, forget you!"
- You were called by the teacher, concerning the incident
- As soon as Fernando came home you immediately yelled and punished him.. Without him saying a word

## Results:

Because Fernando didn't say how he felt, and left feeling like his opinion doesn't matter.







## Tools for Healthy Communication

- It's important that you're heard
- It's important that you learn to speak the right way, even when it's hard
- Be mature enough to have hard conversions– Even if you don't like the people you are speaking with or the situation you're in
- By learning now, you will put yourself ahead of the pack and make life easier





## The 4 Parts that make- up Communication

- Body Language
- Tone
- Words
- Style



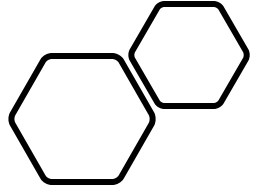
# Body Language

- This is how you or someone else hold your bodies during an interaction
- We learn body language at a very young age
- Body Language includes things like:
  - Smiling
  - Frowning
  - Staring
  - Glaring
  - Looking away
- Crossing your arms
- Rolling your eyes
- Leaning away



## BODY LANGUAGE





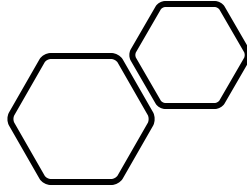
# POSITIVE vs NEGATIVE BODY LANGUAGE

- You decide, Positive or Negative?

- Shaking your head "no"
  - Nodding along
- Facing the person talking
  - Sighing
- Sitting straight up
- Crossing your arms
- Pointing at someone



# TONE



- Tone is the way you sound
- Types of Tone:
  - **Negative**
  - **Snippy**
  - **Positive**





# NEGATIVE/SNIPPY TONES

- Making sounds or talking in such a way that can be harmful to a conversation
- Talking significantly louder or quieter than the person you are talking to-this shuts down the conversation
- The louder you become, the less the other person listens
- Talking with attitude (saying "whatever" or "I know already")
- Sounding nasty just makes no one want to listen to you

# POSITIVE TONES

- Matching the volume of the conversation
  - Talking at a regular speaking level
- Show the other person that you can control yourself
  - Do not lose your cool
- People who keep calm can control their anger and resolve their problems faster



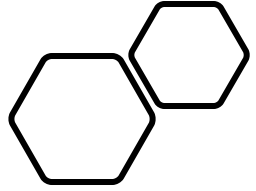




# WORDS

- Things you choose to say to express yourself
- Words can be positive or negative
- A poor choice in words can also shut down a conversation
- Say what you NEED to say, not necessarily what you WANT to say
- Focus on what you want to accomplish
- Would you rather go near a calmly sitting dog or a barking, foaming at the mouth, growling dog?

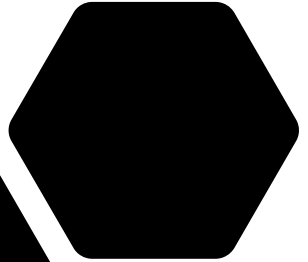




## WORDS (Cont)

Things to avoid in conversation:

- Name Calling
- Bringing up the past
- Speaking in absolutes  
(ALWAYS/NEVER)




# STYLE

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- There are many ways to approach a conversation:
- **Aggressive**-puffed up in anger
- **Passive**-trying to get your point across without really saying it
- **Passive Aggressive**-showing anger but no one knows why
- **Assertive**-to talk about and share your feelings clearly and honestly



# REMEMBER:

- 
- Assertive is not the same thing as aggressive
  - Aggressive is the snarling dog
  - Assertive is steady and calm

# Effective Communication

Please practice the skills  
learned in this presentation  
to effectively communicate  
with your child and teach  
your child to effectively  
communicate with others!





# Reflection Quote

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"Wise men talk  
because they have  
something to say;  
fools, because they  
have to say  
something." -Plato



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