

LINX EDUCATIONAL INSTRUCTOR'S GUIDE

LET'S TALK! 1: A KID'S TAKE ON TALKING TO PARENTS

Activity 1: LET'S TALK IN TEAMS

Divide the class into teams of 4-6 students. Give each team one or two of the following topics:

- Bullying (being bullied or being a bully)
- Friend has a problem
- Low self-esteem
- Being/or not being sexually active
- Knowing someone using drugs
- Drinking alcohol

Have each team select a leader to keep the discussion moving and a recorder to write down the ideas to report later to the class. Each team will discuss:

1. discuss the barriers that would keep them from talking about the subject with parents
2. discuss ways to approach their parent(s) to open lines of communication about their topic
3. role-play a discussion of the topic with a parent.

The recorder in each team will report to the class the results of their team's discussion. Each team will present one role-play to the class.

Activity 2: TRUST BUILDERS

One way that parents and kids can communicate better is to develop a sense of TRUST in the relationship. After viewing the video, list 6 ways that parents and kids can develop trust.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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Activity 3: LET'S LISTEN!

Remember playing "Gossip" as a young child? This is a version of that game that makes the point about LISTENING to the message that is sent.

Directions: Have students get into a circle or rows where they are near another person. Start by whispering a short message into one person's ear; then ask each person to continue sending the message around the group until the last person hears the message. Ask that person to repeat what was heard. Was it at all like the original message? Usually, it's not.

Discuss where communication broke down; intent of original message and how the class arrived at the ending message. Repeat this with 2 or 3 other messages. Continue with a discussion of barriers to listening, ways to improve listening, and ways students can become better listeners when parents are talking to them.

Activity 4: BODY LANGUAGE

Much is communicated by the facial expressions and body movements.

Directions: As a class or in teams, have students demonstrate various attitudes, moods, or emotions with facial expressions and body language. For example: boredom, disgust, anger, thinking, poor attitude, enthusiasm and so forth. Discuss how parents could interpret body language as being disrespectful.

ANSWER KEY

Activity 1: LET'S TALK IN TEAMS

Answers will depend upon the group, but may include:

1. Barriers: poor attitude, fear, the topic, timing
2. Ways to approach: just "go for it", while with parent in car, when parent isn't engaged in some other activity (timing)
3. Role-play will be decided by team members

Activity 2: TRUST BUILDERS

Trust builders may include: being responsible, doing what you say you will do, talk to parent(s)- pick a topic and talk about it, show that you care, listen when parents have something to say

Activity 3: LET'S LISTEN!

Message received will depend upon the message sent and the group involved.

Possible reasons that communication breaks down are:

- person receiving message isn't listening
- person receiving message misinterpreted what was said
- person delivering message didn't say what they intended
- person delivering message wasn't clear enough.

Ways to improve communication with parents:

- really listen, rephrase and repeat what was said
- timing
- approach parents when they aren't involved in something else
- begin with topics that aren't stressful or difficult to approach

Activity 4: BODY LANGUAGE

Body language includes facial expressions, arm positions and posture/stance. Students will have individual demonstrations for these.