

Activity 6

Listening Carefully

Your peers may try to persuade you to participate in activities that go against your values. By listening carefully to what they say, you can identify the techniques they are using, and you can use appropriate refusal skills.

Directions: Match the examples of things your peers might say with the techniques they are using to manipulate you. Write the letter of the correct technique to the left of each example. Then write a positive response to each of the statements on the lines below.

_____ 1. "What's the matter? Are you chicken?"	A. dare
_____ 2. "I thought you were my friend!"	B. threaten
_____ 3. "Come on. If you don't go with me, I'll tell Mrs. Gardner what you said about her."	C. bribe
_____ 4. "I bet you can't sneak in without being seen."	D. guilt
_____ 5. "If you let me copy your math homework, I'll let you copy my science homework."	E. bargain
_____ 6. "I'll give you \$5. All you have to do is..."	F. mock or tease

7. "I thought you were my friend!" _____

8. "Come on. If you don't go with me, I'll tell Mrs. Gardner what you said about her."

9. "I bet you can't sneak in without being seen." _____

10. "If you let me copy your math homework, I'll let you copy my science homework."

Activity 7

Making Decisions

Communicating with others often involves making decisions. You need to decide what your message will be and how you will deliver it.

Directions: Practice making communication decisions by answering the questions below each situation.

1. You promised your friend you would go to the movies on Saturday, but now you learn that you have a family commitment and you can't go.
 - a. How would you tell your friend? _____
 - b. What tone of voice would you use? _____
 - c. What body language would be appropriate? _____
2. A new family has moved into your neighborhood, and it includes someone your age. You would like to welcome this newcomer.
 - a. How would you approach this person? _____
 - b. What tone of voice would you use? _____
 - c. What body language would be appropriate? _____
3. Your sister borrowed a sweater without telling you, spilled juice on it, and then ruined it by washing it in water that was too hot.
 - a. What would you say? _____
 - b. What tone of voice would you use? _____
 - c. What body language would be appropriate? _____
4. Your friend tells you her parents are getting divorced and her father is moving away.
 - a. What message do you want to communicate? _____
 - b. What would you say? _____
 - c. What body language would be appropriate? _____

Activity 8

Resolving Conflicts

At some time or other, you almost certainly have disagreed with a parent, sister, brother, teacher, coach, classmate, and even your best friend. Disagreement is inevitable because each person is unique, and everyone has different values. A disagreement does not have to turn into a serious conflict, however. Without compromising your values or beliefs, you can take steps to *resolve* conflicts.

Part I Directions: Read the information below on ways to deal with conflict situations. Then respond to the questions or statements that follow.

<ul style="list-style-type: none"> • Listen carefully. Make sure that you understand what the other person really <i>means</i> to say. If necessary, ask him or her to explain in different words. • Pay attention to other people's body language. Watch their expressions. Awareness of others' emotions can help you understand what they are saying. • Respect other people's opinions. Other people have had different experiences in life than you have. 	<ul style="list-style-type: none"> • Use "I" messages. Focus on the conflict itself. Avoid put-downs or attempts to blame the other person. • Try to work out a compromise. Don't forget, however, that it takes two people to compromise. Consider several possible solutions, and look for middle ground. • Remember that everyone makes mistakes. Sometimes a little forgiveness can go a long way.
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1. Describe a possible conflict. Avoid using real names if you are describing an actual event.

2. Based on the guidelines above, what steps might be most important in resolving that conflict?

3. Write in your own words a plan you might use to prevent conflicts like this one.

Activity 8 *continued*

Part II Directions: Read each situation and respond to the questions or statements that follow.

Mario gets along with his little brother most of the time, but sometimes Danny makes him very angry. Mario and Danny share a room. Mario has asked Danny to give him some peace so that he can study for his science exam. Danny brings his friend Paul into the room, and they begin wrestling and making a lot of noise. Mario is getting angrier and angrier as he tries to keep studying.

4. How could Mario try to resolve this conflict and avoid making it worse? _____

5. What decision could Mario make that might lead to a greater conflict? _____

Rebecca and Heather are partners on a social studies assignment. They have to produce an oral presentation on Thailand in three weeks. Rebecca is the type of person who likes to set up a schedule and finish a little bit of the project at a time. Heather is the type of person who waits until the last minute to do assignments, although she always does finish them on time. The girls are already having arguments about when to get started and what to do first.

6. Name several options the girls have to avoid conflicts as they prepare their report.

7. Which option would you choose, and why? _____
