

Chapter 2 Lesson 1: Skills for Building Health

Introduction:

Have you ever had a conflict with your friends or family because they misunderstood something you said? As you learned in this lesson, effective communication is vital to healthy relationships. However, it isn't always easy to get your message across to others. Fortunately, you can develop better communication skills through lifelong practice to improve all your personal and business relationships. This Web site has information and tips about how to on communicate clearly and effectively.

Links to Explore:

Communication Skill Building

<http://www.thirteen.org/peaceful/strate.html>

Directions:

- Click on the link and read the Teacher's Guide.
 - Then answer the following questions.
1. List three things that active listeners do.
 2. What is the purpose of "I" messages?
 3. What are the three basic parts of an "I" message?
 4. What is the optional fourth part of an "I" message, and why should it be used with caution?
 5. What is a win-win solution?
 6. What are the four steps of collaborative negotiation?

Answers:

1. Encourage the speaker with nonverbal cues, check for understanding by asking questions or restating the speaker's message, and reflect back the speaker's feelings
2. To saying how you feel without attacking or blaming
3. "I feel..."; "When you..."; and "I want..."
4. The optional fourth part, "Because...", should be used with caution because it's easy to add blame to a "because" statement.
5. A resolution of conflict in which the needs of all parties are satisfied
6. Pick a good time and place to talk; talk it out; brainstorm for solutions; and choose a solution.

Additional Links to Explore:

Use the links below to gather additional information on the activity topic. When appropriate, have students extend their research to include important concepts contained in these Web sites.

Interpersonal Communications

<http://www.healthteacher.com/teachersupports/skills4.asp>