

COMMUNICATION



LEVEL

Advanced level

AGE GROUP

17 – 20 year olds

TOPIC

Communication

EXPECTED LEARNING OUTCOMES

Knowledge

Knowledge about the benefits of using assertive communication in interpersonal relationships.

Skills

Practice the ability to express thoughts, feelings, and needs in an assertive manner.

Attitudes

Demonstrate a positive attitude towards open communication in interpersonal relationships, and self-confidence to express themselves in a clear and respectful manner.



EXPLAINER VIDEO

Communication is a vital part of any relationship, but it is not always easy. It is very common to find yourself in a situation where you wish you had spoken up for yourself or expressed your thoughts and feelings more clearly. Asserting your feelings and boundaries when communicating with others is not easy when you do not know how. This is why it is important to learn how to be assertive with others.

Assertive communication is a communication style that involves a person expressing themselves in a direct, honest, and respectful manner. It allows you to communicate your thoughts, feelings, and needs while also respecting those of others. It is very different from other forms of communication such as passive communication where you might not express yourself at all, or aggressive communication where you might express yourself in a way that disregards other people's thoughts, feelings, and opinions.

Assertive communication has many benefits in interpersonal relationships. It helps to build trust, respect, and intimacy between individuals. It also allows for healthy conflict resolution and can prevent misunderstandings and resentment from building up over time. By expressing yourself clearly and honestly, you can create a deeper connection with those around you.



But using assertive communication isn't always easy. It takes practice and self-awareness to be able to express yourself in a clear and respectful way. You may also encounter barriers such as fear of rejection or negative self-talk that can prevent you from speaking up.

Fortunately, there are skills and strategies that can help you become more assertive in your communication. One of these skills is active listening. Active listening involves paying attention to what the other person is saying, reflecting back what you heard, and asking questions to clarify. By doing this, you can better understand the other person's perspective and feelings, which can help you to express yourself more effectively.

Another important skill is using "I" statements. "I" statements focus on your own thoughts and feelings, rather than blaming or accusing the other person. For example, saying "I feel upset when you cancel our plans last minute" is more effective than saying "You always cancel plans and don't care about my feelings."

To sum up, assertive communication is an important skill for building strong interpersonal relationships. By expressing yourself in a direct, honest, and respectful way, you can create deeper connections with those around you, and prevent misunderstandings and resentment from building up. With practice and self-awareness, you can learn to communicate more assertively and build stronger relationships with those around you.

CHECK-IN QUIZ

Effective communication is a crucial part of building healthy relationships, and assertive communication is a communication style that allows you to express yourself in a clear, direct, and respectful manner while also respecting the thoughts and feelings of others. In this quiz, you will have the opportunity to reflect on your own communication style and assess your ability to communicate assertively.

1. When I express myself, I often find myself using statements that blame or accuse the other person, rather than focusing on my own thoughts and feelings.
 1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
2. When I disagree with someone, I tend to avoid the confrontation and keep my thoughts to myself.
 1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
3. When someone says or does something that upsets me, I find it difficult to express my feelings to them.
 1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree

4. When someone speaks to me, I make sure to listen actively and reflect back what I heard to make sure I understand them correctly.
 1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree
5. When I express myself, I do so in a clear and respectful manner that takes the other person's thoughts and feelings into account.
 1. Strongly disagree
 2. Disagree
 3. Neutral
 4. Agree
 5. Strongly agree

Answer Key

- Strongly disagree - 1 point
- Disagree - 2 points
- Neutral - 3 points
- Agree - 4 points
- Strongly agree - 5 points

16-20 points: You have strong skills in assertive communication and are able to express yourself in a clear and respectful manner. Keep practicing and refining your communication skills to build even stronger relationships with those around you!

11-15 points: You have good skills in assertive communication but still struggle with expressing yourself in a clear and respectful manner. Try practice some more and you can reach the top score!

5-10 points: You have basic assertive communication skills. Don't get yourself down – everybody starts somewhere! Try practicing some more of the communication skills in regular conversations and keep up the good work!

ARTICLE: THE POWER OF ASSERTIVE COMMUNICATION

THE POWER OF ASSERTIVE COMMUNICATION

When you are a young adult, it can be difficult to communicate yourself properly as you move onwards into the more 'adult world'. As you get older, you begin to encounter new, different types of interpersonal relationships, ranging from friendships to romantic relationships, family dynamics, and work relationships. Assertive communication is a skill that can have a positive impact on all these relationships.

When communicating assertively, you express yourself in a clear and respectful manner, while also acknowledging the thoughts and feelings of the other person. This communication style promotes mutual respect, honesty, and understanding in relationships, which can lead to better communication, increased trust, and stronger bonds.

In friendships, assertive communication can help you express your feelings and opinions in a respectful way that does not damage the friendship. When conflicts arise, it allows you to approach the situation in a way that acknowledges the other person's feelings while also standing up for yourself. This skill can help maintain friendships and lead to a more positive and fulfilling social life.

In romantic relationships, assertive communication can strengthen the relationship by promoting open and honest communication. It can also help avoid misunderstandings and conflict, which can cause tension and stress in the relationship. When both partners are assertive, it can lead to better communication and a deeper

understanding of each other, which is essential for a healthy and fulfilling relationship.

Assertive communication can also have a positive impact on the way that you interact with your family members. In family relationships, conflicts can arise due to misunderstandings or a lack of effective communication. By expressing yourself assertively, you can share your thoughts and feelings in a way that promotes understanding and respect. This can help reduce tension and promote healthy relationships within the family.

When you are in work, assertive communication can help you advocate for yourself and your ideas while also maintaining professional relationships. When you communicate assertively in the workplace, you can express your ideas clearly and confidently, while also respecting the opinions and needs of others. This can help you build stronger professional relationships and increase your chances of success in the workplace.

In conclusion, assertive communication is an important skill that can positively impact all types of interpersonal relationships. It can promote mutual respect, understanding, and honesty, which are essential components of healthy relationships. As older teenagers and young adults, it is important to practice assertive communication to improve your relationships and set a foundation for positive communication throughout your life.



SELF-HELP ACTIVITY: "I" STATEMENTS

Assertive communication involves expressing your feelings and opinions in a clear, direct, and respectful manner. One technique for doing this is using "I statements." Using "I" statements in your everyday life can greatly increase your comfort in your relationships as you set your boundaries. In this exercise, you will practice using "I statements" to communicate assertively.

1. Take a blank piece of paper and write down a recent situation where you felt upset or frustrated.
2. Think about the situation and the way you expressed yourself.
 - *Did you place the blame on the other person?*
 - *Did the other person place the blame on you?*
 - *How could you have reduced the harm caused?*

3. Next, write down three or four sentences that describe how you felt in that situation, using "I statements." For example, "I felt hurt when you cancelled our plans without telling me" or "I felt disrespected when you talked over me in the meeting."

4. Then, write down one or two sentences that describe what you would like to happen in the future, again using "I statements." For example, "In the future, I would appreciate it if you let me know if you need to cancel our plans" or "In the future, I would like to have a chance to speak without interruption in meetings."

5. Practice saying these statements out loud, either in front of a mirror or to yourself. Focus on speaking clearly, calmly, and assertively.

6. Reflect on how you felt when you expressed your thoughts and feelings using "I statements."
- *Did it feel like how you felt and what made you feel that way?*
 - *Did it help you communicate your needs more effectively?*

Link to Video:

2 Minute Therapy – Positive Communication with I statements by The Counselling Group PL:

https://www.youtube.com/watch?v=gG25Kq_3gmg

VIDEO LIBRARY

5 tips to make assertive communication easier and more effective

by *How to ADHD*

<https://www.youtube.com/watch?v=vlwmfiCb-vc>

How to be more assertive: 7 tips by *The Distilled Man*

<https://www.youtube.com/watch?v=NBkvWCmz2W4>

Communication Skills – How to Improve Communication Skills by *Improvement Pill*

<https://www.youtube.com/watch?v=mPRUNGGORDo>



IRENE

Family Learning to Address Domestic Violence

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