

Session 8

**Activity 1 – Hip Vocabulary List**

There is an obvious generation gap between teenagers and their parents. Actually, most adults feel like they don't speak the same language as their kids. The communication breakdown is most apparent in our music. Let's attempt to bridge that gap. Break into groups of 3 or 4. Be sure to select words you feel the adults in your life don't know. Define the words and then use them in a sentence.

**Vocabulary List**

1. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

2. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

3. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

4. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

5. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

6. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

7. \_\_\_\_\_ - defn. \_\_\_\_\_

Sentence: \_\_\_\_\_

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**Activity 2 – Am I Lying?**

Write three statements about yourself. Two of the statements should be true. The other statement should be false.

Statement 1:

Statement 2:

Statement 3:

Choose a partner to work with. Take turns reading your three statements to one another. Listen to each other. Try to guess which of your partner's statements is false. Circle True or False after listening to each of your partner's statement.

1. True or False
2. True or False
3. True or False

Then read and discuss Worksheet 1- "Non-verbal Body Language" with your partner. Read your statements to each other again. Is it easier to tell which statement is false?

1. Yes or No. Why?

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**Activity 3 – “I” Messages**

“I” Messages

- a. I feel (state the emotion)
- b. when you (state the specific behavior)
- c. because (state the effect the behavior has on your life)
- d. and I would like (state the specific behavior)

Read the situations listed below. Complete the following examples – using the 4 step “I” message format.

1. You enjoy participating in History class. But you have noted that a classmate often laughs at your reply to questions in your history class. How can you address this issue with your classmate?

I feel \_\_\_\_\_  
When you \_\_\_\_\_  
Because \_\_\_\_\_  
And I would like \_\_\_\_\_

2. A sister/brother has borrowed things from you three or four times recently. He/she has forgotten to return the things to you the last two times. You really want your video games and cds returned to you. You have to ask for them back. How can you address this issue with your sister/brother?

I feel \_\_\_\_\_  
When you \_\_\_\_\_  
Because \_\_\_\_\_  
And I would like \_\_\_\_\_

3. Your parent has given you several new chores recently over and above your regular responsibilities. The parent has just asked you to take another chore which would interfere with an activity you planned. How can you address this issue with your parent?

I feel \_\_\_\_\_  
When you \_\_\_\_\_  
Because \_\_\_\_\_  
And I would like \_\_\_\_\_

## Session 8

### Worksheet 1 – Non-verbal Body Language

#### Non-verbal Body Language

##### The Eyes

The eyes are called the "window of the soul" for a reason, the eyes don't reveal everything but they are very expressive! The way a person looks at someone reveals a lot. Avoiding gaze could indicate the person is lying, or feeling guilty or uncomfortable about the subject discussed. If they are looking away after a long gaze, it could just mean they are "taking a rest", or distancing themselves from the subject. Gazing regularly indicates a positive, inviting attitude. It could mean the person is open to communicate with you.

##### Blinking

- Prolonged blinking (as if blinking in slow motion) is an indication that the person might be losing interest (or feeling very sleepy!)
- Excessive blinking indicates a sign of stress. It could also mean the person is lying.
- Rolling the eyes upwards indicates disagreement (or exasperation if very obvious). My best advice if you spot this signal: stop and ask for their opinion... and listen to them!

##### Eye Contact

- You've heard this before. To make people feel good and show your interest, you must maintain eye contact. But staring only at someone's eyes makes it very difficult to maintain your gaze.
- The easiest way to maintain eye contact naturally is to look at the person's whole face above the tip of their nose. Look at the bridge of their nose, cheek bones, forehead, and hair.
- Squint during a conversation shows interest. Looking away indicates possible shyness or they can be curious about the surroundings (some people naturally observe their environment more than others).

##### The Mouth

When you meet someone for the first time, it takes that person 3 to 7 seconds to make a judgment about you. I do it. You do it. We all do it, unconsciously. Once that first assessment is made we adapt our feelings, posture, language, and tone. And the most crucial body language signal to influence our first impression is the smile. This is also the most recognized signal in every country and every culture.

##### The Smile

- Smiling indicates happiness and a friendly attitude. Smiling indicates we want to communicate with someone. It shows interest. But there is much more to it.
- Smiling is a learned phenomenon. Young babies don't smile naturally. They mimic the expressions of those looking at them. By the time we reach adulthood, it has become a signal critical to making a good first impression.
- Smiling also has an actual impact on your physiology.

## Non-verbal Body Language

### The Genuine Smile

- A genuine smile involves the whole face including the eyes. More than just the mouth, many facial muscles are in action. The most visible is the tightening around the eyes. This action around the eyes is extremely difficult to fake and is the main signal you want to look at if you think somebody might not be telling you their real feelings.

### The Forced Smile

- This smile is usually used out of politeness. People who put on a smile only use the muscles around the mouth. But the top half of their face remains virtually unchanged. Their smile is also less likely to be showing their teeth. This smile could mean the person is not telling the whole truth.
- Do not fake a smile. Research shows that a large majority of people unconsciously recognize the sincerity of your smile simply by looking at the top half of your face.

### The Head

- When the head is held level it's a sign of self assurance, confidence and authority. When the head is held at a tilt when you're talking it could mean they're paying attention. When you're asking them a question, they're thinking of the best answer.
- Nodding means Yes, and reflects agreement in most parts of the world and shows genuine interest. Shaking your head usually indicates, No, or disagreement. Scratching indicates a lack of confidence. It could also be a sign of deceit.