

Pre-Test

**6.ICR.1.3 - Use strategies to
communicate care,
consideration, and respect for
others.**

6th grade Interpersonal Communication and
Relationships

Which statement do you think is true?

- “Sticks and stones will break my bones, but words will never hurt me,”

or

- “Sticks and stones will break my bones, but words will break my heart.”

Statement of Objectives:

Today we will look at how you communicate and express your interest to others. By the end of today's lesson, you will be able to use strategies for effective listening. Additionally, you will have an opportunity to practice skills which will demonstrate your care, consideration and respect for others through passive and active listening skills.

Example of Poor Listening Skills

[Video Clip](#)

Focus:

- One student to be the Talker and the other student to be the Listener.
- The Talker will share something exciting that has happened to him/her in the past few months. (e.g., won an award, received a gift, or had a favorite holiday experience)
- The Talker is to give details and try hard to get his/her partner interested in what he/she is saying.
- The Listener's directions are: "You may NOT listen to what the other participant is saying. You may do anything you'd like NOT to listen. However, you must stay in the room and you may not touch the Talker."
- Allow a minute or so for the Talker to share.

Follow-up discussion:

- Talker - How did you know the Listener wasn't listening? How did it feel NOT to be listened to?
- Class - What behaviors did the Listener do in order NOT to listen?
 - Have you ever experienced someone NOT listening to you. How did that feel?
 - Have you ever been guilty of exhibiting any of these behaviors.
 - How do you think the Talker felt when you weren't listening to him or her?

There are two ways of listening to someone when he or she is speaking to you.

- **Passive Listening or Nonverbal:**
 - A person may just need to talk without seeking advice.
 - They just want someone to listen.
 - Includes facial expressions, reactions, gestures and eye contact; in short, body language.
 - Nonverbal cues that indicate one is really listening include nodding, smiling and leaning forward.

Active Listening

- Verbal responses are used with passive listening skills.
- Active listening is one of the best ways to demonstrate care, consideration and respect for others.
- Through active listening, one is able to listen with his/her head and heart as well as with the ears.
- Examples of verbal cues showing one is really listening are: asking questions, paraphrasing the words of the person talking, providing positive feedback and showing empathy for the person's feelings.

Do's of Effective Listening

- Maintain eye contact
- Assume responsibility for a two-way dialogue
- Demonstrate interest in the other person
- Use positive non-verbal techniques
 - (i.e. smiling, leaning forward, nodding of the head)
- Use positive verbal feedback (i.e., “uh-huh”, “I see”, “Really”)

- Resist distractions
- Imagine how the other person feels
- Be open-minded
- Ask questions to better understand the other person
 - Encourage more information

- Practice positive body language
- Restate points the speaker has made
- Comment directly on what is said

Don't's of Listening

- Think only of your opinion
- Interrupt the person speaking
- Speak loudly to overpower the other person
- Think ahead to what to say before the speaker finishes
- Fail to ask questions

- Call names or label
- Laugh at people
- Assume you understand
- Judge the speaker

Closure:

Many of us think of communication as talking or speaking. One-half of communication is listening. Today, we studied active and passive listening skills. It is important to show respect and care by giving, by showing appreciation and by helping others when one is able. These behaviors result in healthy and loving relationships now and in the future. I hope all of you will try these skills with your teachers, friends, and family.