**HEALTHY LIVING: HEALTHY RELATIONSHIPS**

**Assignment 4: Communication**

**Pre-Mission:**

Review specific examples of **good communication skills**:

- asking for clarification,

- paraphrasing,

- using questions to clarify,

- sharing information,

- accepting feedback,

- using “I” statements

Review specific examples of **poor communication skills:**

- blaming,

- using put-downs,

- ranting,

- inactive listening

**Mission:**

Look for an example of good and bad communication from TV, movies, and/or books that depict good and poor communication skills.

Hint: You may want to include a range of types of relationships (e.g., parents and children, boss and employee, romantic, peer).

**Assignment:**

Create a chart or storyboard to note how each character in the example demonstrates various communication skills. You should include the source information (video clip link, section from a book, etc), explanation of specific skills for both poor and good communication, specific skills that need to be developed for the poor communication skills example.

**Assessment:**

You will be marked on how you:

* cited specific examples of good communication skills (e.g., asking for clarification, paraphrasing, using questions to clarify, sharing information, accepting feedback, using “I” statements) **(5)**
* cited specific examples of poor communication skills (e.g., blaming, using put-downs, ranting, inactive listening) **(5)**
* indicated what communication skills the characters needed to develop. **(5)**

**Total Marks: /15**