



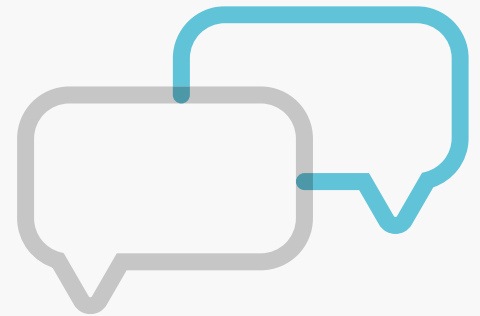
# WELLNESS NEWSLETTER

Brought to you by Millikan Wellness Center

## Assertive Communication and Active Listening



**Active Listening:** Treating listening as an active process, rather than a passive one. This means participating in conversation, rather than acting as an audience. Active listeners show they are listening, encourage sharing, and strive to understand the speaker.

**Assertive Communication:** A communication style in which a person stands up for their own needs and wants, while also taking into consideration the needs and wants of others, without behaving passively or aggressively.



<https://www.therapistaid.com/worksheets/assertive-communication.pdf>

### Upcoming Events

- Empowerment & Self Esteem Workshop
  - Tuesday 12/6
    - During Lunch 
- Winter Formal Fair
  - Tue; 12/13 & 12/20
  - Wed; 12/14 & 12/21 
  - During unscheduled 7th/8th & after school 
- Holiday Bingo
  - Tuesday 12/20 
  - During Lunch

### Need Support?



Contact Information:  
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 Room 703  
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### Active Listening Skills



#### Eye Contact

Eye contact during the conversation shows the speaker that you give him your attention and that you really care about what he says.



#### Avoid Distractions

There are so many examples of distractions such as our thoughts, mobile phones, gadgets, music, side activities, other people and more. Learn to avoid these distractions otherwise they can destroy your conversation.



#### Body Gestures

Body gestures and language are a whole science. Your body gestures tell the speaker whether you listen carefully or not.



#### Give Feedback

Ask questions to clarify certain points, tell your opinions, summarize the speaker's comments.



#### Show That You're Listening

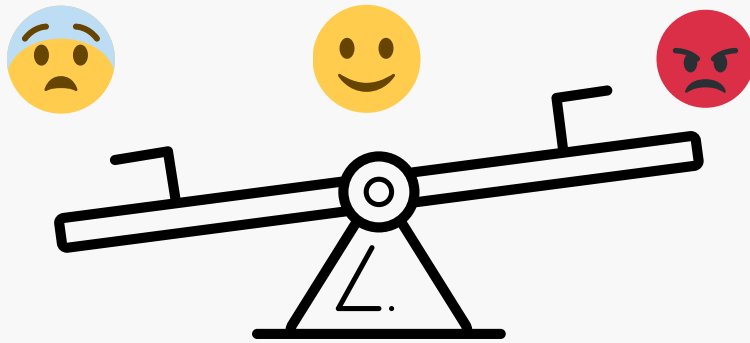
Use facial expressions such as smile, note your posture, encourage the speaker to share and to continue.



Listening allows you to learn, to have relationships, to plan, to develop, to be the part of something, to create, to think.... and much more!

# Communication Styles

Passive Assertive Aggressive



## Examples of what Assertive Communication Looks Like

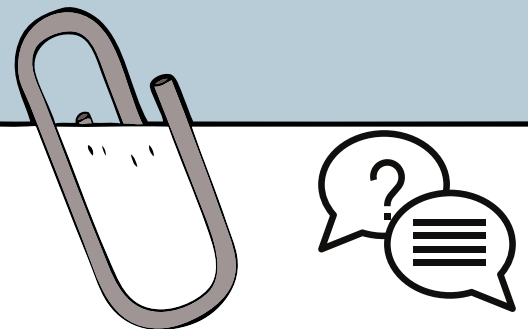
*"I'm really tired and I won't be able to hang out tonight. I need to rest."*

*"I feel really frustrated that I am the only one doing the dishes. I know you are busy, but I need some help. How can we make this work?"*

*"I didn't quite understand the math lesson today. Can we meet sometime this week to go over some equations?"*

*"I didn't feel comfortable with that joke. Can you please not do that again?"*

Thinking your needs don't matter	Recognizing your needs are important	Thinking that only your needs matter
Giving in	Compromise	Take
Not talking, not being heard	Talking and listening	Talking over people
Trying to keep the peace	Making sure things are fair - for you and others	Looking out for yourself
Allowing yourself to be bullied	Standing up for yourself	Bullying others
Not saying what you think or not saying anything	Expressing your point clearly and confidently	Can lead to shouting, aggression or violence
Damages relationships	Enhances relationships	Damages relationships
Damages your self-esteem	Builds your self-esteem	Damages others' self-esteem



## Let's Reflect!

What communication style do you use most often?

In what areas of your life can you practice an assertive communication style?

How can you create a safe space for others to communicate to you?

Answer: All of the above