

Levels of Communication

- Break into groups of three or four
- Everyone must participate
- Give the person in your group who is speaking your attention
- Each person in the group must have a turn to respond

Levels of Communication

- Round One (3 minutes)
 - Do you like to play sports or watch? Have you played on any sports teams? If you could go to an Olympic event what would you choose?
 - Do you have a favorite board game? What TV game shows do you like?
 - What is your favorite movie? What was the last movie you saw?
 - What is your favorite food? If you could go to a foreign country just to eat the food which one would you choose?

Levels of Communication

- **Superficial Communication**
 - Makes up the majority of communication
 - *Involves talking about events*
 - What time you will be home
 - What is for dinner
 - What you did in school
 - The weather
 - What is your favorite food, color, movie, etc.

Levels of Communication

- Why would you communicate superficially?
 - You have been hurt in a relationship
 - You do not see people often enough to communicate on a more meaningful level
 - You are doing things you feel guilty about

Levels of Communication

- Round Two (5 minutes)
 - Describe a difficult experience you have been through.
 - Who is your hero and why?
 - What are your goals and dreams?
 - Describe your relationship with your family
 - Relate a personal experience of your choice

Levels of Communication

- Personal Communication
 - *Involves opening up and talking about feelings, beliefs, and opinions that mean something to you*
- Why at time is it hard to share personal experiences ?
 - Because you had to RISK
 - You were sharing something that means something to you
 - Someone could betray you

Levels of Communication

- Round 3 (3 minutes)
 - Give a compliment to each person in your group

Levels of Communication

- Validating
 - *Reinforces peoples' feelings about themselves*
 - Complementing
 - Acknowledging the other person's feelings & ideas
 - Offering to listen
 - Being there for them; remaining present physically and emotionally

Levels of Communication

- Points to Ponder
 - No relationship can get better without communication on a personal and validating level
 - The “Generation Gap” occurs when the parent and child communicate on a superficial level
 - Relationships will end if the only type of communication is superficial

Levels of Communication

- The levels of communication also apply to touching
 - Often teenage touching is superficial because . . .
 - It is not always an expression of how a person feels about you (Personal)
 - It is not always reinforcement of a relationship (Validating)
 - But it is to satisfy the desire of the person doing the touching—Therefore it does not enhance the relationship