

CHAPTER 3 Interpersonal Skills

Lesson 3.1 Activity A



Cultural Communication Differences

Instructions: Using reliable sources, research three cultural communication differences and record your findings. Then, answer the questions below.

Research Findings

1. List a cultural communication difference: _____
A. Verbal or nonverbal: _____
B. Example of a situation in which this might occur: _____
C. Provide a source of information: _____
2. List a cultural communication difference: _____
A. Verbal or nonverbal: _____
B. Example of a situation in which this might occur: _____
C. Provide a source of information: _____
3. List a cultural communication difference: _____
A. Verbal or nonverbal: _____
B. Example of a situation in which this might occur: _____
C. Provide a source of information: _____

Questions

1. Give an example of how people might be able to overcome cultural communication difference #1.

2. Give an example of how people might be able to overcome cultural communication difference #2.

3. Give an example of how people might be able to overcome cultural communication difference #3.

Lesson 3.1 Activity B



Being Assertive in a Relationship

Instructions: *The best communication style for building healthy relationships is assertive communication. Effective assertive communication uses I-statements to express feelings and desires in a respectful manner. Reference the textbook to review the use of I-statements. Respond to the following scenarios in a respectful, assertive way using I-statements.*

1. Your best friend made the show choir and you did not.
A. What I-statement would you use to respond?

2. A group of your closest friends goes to the movies and does not invite you.
A. What I-statement would you use to respond?

3. Reviewing your grade on your paper, you disagree with your teacher’s decision.
A. What I-statement would you use to respond?

4. Your dating partner keeps asking if you are ready to have sex.
A. What I-statement would you use to respond?

5. Your friend comments “jokes” on your social media post that hurt your feelings.
A. What I-statement would you use to respond?

6. After a long and stressful day, your dad asks you to start on your list of chores right away.
A. What I-statement would you use to respond?

7. Since you and your best friend started going to different high schools, you feel ignored and lonely.
A. What I-statement would you use to respond?

8. You feel like your parents are putting a lot of pressure on you to go to a good college, which creates anxiety.
A. What I-statement would you use to respond?

9. The mom of the kids you babysit offers to drive you home. She has been out drinking tonight.
A. What I-statement would you use to respond?

Lesson 3.2 Activity C



Resolving Conflict

Instructions: *Conflict is a normal part of everyday life, and it is not always bad. Engaging in conflict can have positive outcomes for yourself and your relationships. For each scenario described below, explain how a resolution might be achieved. Use the strategies discussed in the lesson to decide how to resolve the conflict.*

Scenario 1

Vincent’s friend Jamie is having a party on Saturday. Vincent knows, however, that his parents think Jamie is a negative influence and will not let him go. Jamie drinks alcohol and occasionally skips classes at school. When Vincent approaches his parents about attending the party, they tell him that they will not discuss the matter and that they do not want Vincent to interact with Jamie outside of school. Vincent gets angry and goes to his bedroom, slamming the door.

1. What can Vincent and his parents do to resolve this conflict?

Scenario 2

Mariska and Will have been dating for a year. Mariska is involved in several extracurricular organizations and activities, and she finds it hard to spend quality time with Will as well as her friends with her hectic schedule. One afternoon, Will tells Mariska that he is not happy with the way their relationship has been going. He irritably delivers an ultimatum: “You have to reevaluate your priorities, or I will break up with you.”

1. What can Will and Mariska do to resolve this conflict?

Scenario 3

Steve and Jack are in the same trigonometry class. While Jack is doing exceptionally well in trigonometry, Steve has been frustrated attempting to understand the material. Because Steve sits next to Jack in class, he asks Jack to let him copy his answers to the test questions. Jack replies, “Are you serious? I’m not jeopardizing my college scholarship so you can cheat, idiot.” Steve angrily tells his friend, “Thanks a lot. I’d help you out if you needed it.”

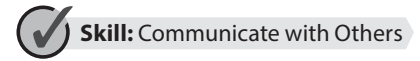
1. What can Steve and Jack do to resolve this conflict?

Scenario 4

Zuri’s parents have asked her to babysit her baby sister on Saturday so they can go out for a date night for the first time in months. Zuri explains that the boy she likes at school has finally asked her for a date—on Saturday night. She is concerned that if she cancels the date, she will not be asked out again. “I always get stuck babysitting,” Zuri complains.

1. What can Zuri and her parents do to resolve this conflict?

Lesson 3.2 Activity D



What Would You Do and Say?

Instructions: *Imagine that you are in the following scenarios. Respond to the scenarios by indicating what you would do and say to resolve the conflict respectfully and effectively.*

1. A rumor spread around school that I got alcohol poisoning at a party and almost died. It wasn't true at all, and it hurt that so many people believed it. To make things worse, the person who started the rumor is someone I thought was a friend.

A. What would you do? _____

B. What would you say? _____

2. I'm tired of my mom always getting into my business. She constantly asks who I'm texting and doesn't let me have any privacy. Yesterday, I asked if I could get a lock for my bedroom door. She said "no" without even hearing me out. I feel very angry.

A. What would you do? _____

B. What would you say? _____

3. Tyasia is my best friend. Lately, she has been hanging out with a new group of kids at school and seems to ignore me when I am around. I'm really hurt. If this is how she is going to treat me, she can find a new ride to school.

A. What would you do? _____

B. What would you say? _____

4. Elliott and I have been dating for three months. One day, I saw a flirty text on his phone from another girl. I asked who was texting him, and he said it was just one of his buddies. I am mad.

A. What would you do? _____

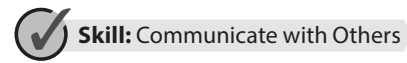
B. What would you say? _____

5. During soccer practice, Jen and I bumped into each other pretty hard. Jen yelled at me, so I yelled back. Jen whispered that she was going to beat me up after practice.

A. What would you do? _____

B. What would you say? _____

Lesson 3.2 Activity E



Responding to Conflicts

Instructions: *Your response to conflict can escalate or de-escalate a situation. Often when conflict arises, angry words are spoken. Indicate how you could respond to each statement in a respectful and assertive way that de-escalates the situation and begins the conversation to resolve the conflict.*

1. A teammate says to you after practice, “You need to stop cheating, or I’ll tell Coach.”

A. How would you respond?

2. A friend tells you, “You haven’t texted me back in days! If you don’t want to be friends anymore, just tell me.”

A. How would you respond?

3. A classmate corners you by your locker and accuses, “I heard you’ve been talking about me.”

A. How would you respond?

4. Your friend’s parents had an emergency pop up, so you drive your friend home for them. You get home past curfew and your guardian tells you that you are grounded.

A. How would you respond?

5. Think of a recent conflict you had with a person that escalated into anger. Describe the situation. What did you say or could have said to de-escalate the intensity of the conflict?

Lesson 3.3 Activity F



Positive and Negative Peer Pressure

Instructions: Read the following scenarios to determine if the peer pressure being demonstrated is positive or negative. Then, decide how to respond based on the strategies discussed in the textbook.

1. A teammate encourages you to put your phone away and go to sleep the night before a game.

A. Is this peer pressure positive or negative?

B. How would you respond?

2. A dating partner begs you to send a nude photo of yourself.

A. Is this peer pressure positive or negative?

B. How would you respond?

3. A friend tries to convince you to sneak out of your house to hang out late at night.

A. Is this peer pressure positive or negative?

B. How would you respond?

4. After teasing someone else for not drinking, a friend turns to you to offer you alcohol.

A. Is this peer pressure positive or negative?

B. How would you respond?

5. Your best friend tries to persuade you to resolve a conflict with your parents.

A. Is this peer pressure positive or negative?

B. How would you respond?

6. Your sister asked you to lie to your parents about where she was yesterday.

A. Is this peer pressure positive or negative?

B. How would you respond?

7. After you say no several times, a classmate continues to ask for your homework to copy.

A. Is this peer pressure positive or negative?

B. How would you respond?

SAMPLE

Lesson 3.3 Activity G



Resisting Pressure

Instructions: *As a teen, you may feel pressured to join others in risky behaviors. Read the following scenarios and help the teens resist negative pressure and make a good decision by identifying the decision, exploring the alternatives, and selecting the best option by weighing the pros and cons of each one.*

Scenario 1

Sarah has had a crush on Jordon for months. Recently, he seems to be showing interest in return. Jordon offers to have his friend drive Sarah home with them so she does not have to ride the bus. When Jordon’s friend pulls into the parking lot, there are already five of their classmates piled in to the four available passengers’ seats. No one is wearing seat belts. Nervous, Sarah jokes that there is not enough space for her. Jordon teases her by saying, “Oh come on, it’s only a few miles to your house. Plus, carpooling is good for the environment. Sit on my lap!” Sarah has already missed the bus, and she does not want to disappoint Jordon.

1. What is Sarah’s issue or problem? Please describe.

2. List two of Sarah’s choices in this situation. What are the pros and cons of each choice?

A. Choice 1: _____

Pros: _____

Cons: _____

B. Choice 2: _____

Pros: _____

Cons: _____

3. Based on the pros and cons, which decision should Sarah make? Defend your decision.

Scenario 2

Peter and a group of friends are hanging out at the mall on Saturday afternoon. Peter likes a shirt he sees in a store, but cannot afford it. Peter's friends dare him to steal it. He just recently started spending time with this group of friends, and Peter wants to impress them so they will let him keep hanging out with them. Peter stole a candy bar once before and got away with it. Tucking the shirt into his pocket, Peter hesitates.

1. What is Peter's issue or problem? Please describe.

2. List two of Peter's choices in this situation. What are the pros and cons of each choice?

A. Choice 1: _____

Pros: _____

Cons: _____

B. Choice 2: _____

Pros: _____

Cons: _____

3. Based on the pros and cons, which decision should Peter make? Defend your decision.

Chapter 3 Activity H

Practice Test

Completion

Instructions: Write the term that completes the statement in the space provided.

1. Eye contact is a form of ____ communication.

2. ____ communication hides or does not clearly state a person's needs, wants, and feelings.

3. When people ____, they work together to think and talk through a solution to a conflict.

4. Serious or difficult conflicts can benefit from a neutral ____ to help the conflicting parties reach an agreement.

5. Outside actions, words, and rewards that influence your behavior are called ____ pressure.

True/False

Instructions: Indicate whether each statement below is true or false.

6. ____ True or false? Effective communication requires active listening skills.
7. ____ True or false? Trying to resolve a conflict will destroy a relationship or make the conflict worse.
8. ____ True or false? Peer pressure can be both positive and negative.

Multiple Choice

Instructions: Select the letter that corresponds to the correct answer.

9. ____ Which of the following examples is a form of verbal communication?
A. facial expressions
B. social media posts
C. volume of voice
D. B and C.
10. ____ One way to clearly express your needs and preferences is by ____.
A. dropping subtle hints
B. assuming others know how you feel
C. agreeing with something to avoid conflict
D. showing respect and seeking clarity
11. ____ When mediators act as neutral third parties, they ____.
A. ensure one person is heard primarily
B. make the people involved work to find their own solutions
C. clarify communication
D. All of the above.
12. ____ Which of the following is a type of indirect peer pressure?
A. thinking about what will make you seem cool
B. people minimizing the risks
C. people teasing you
D. people making you doubt yourself

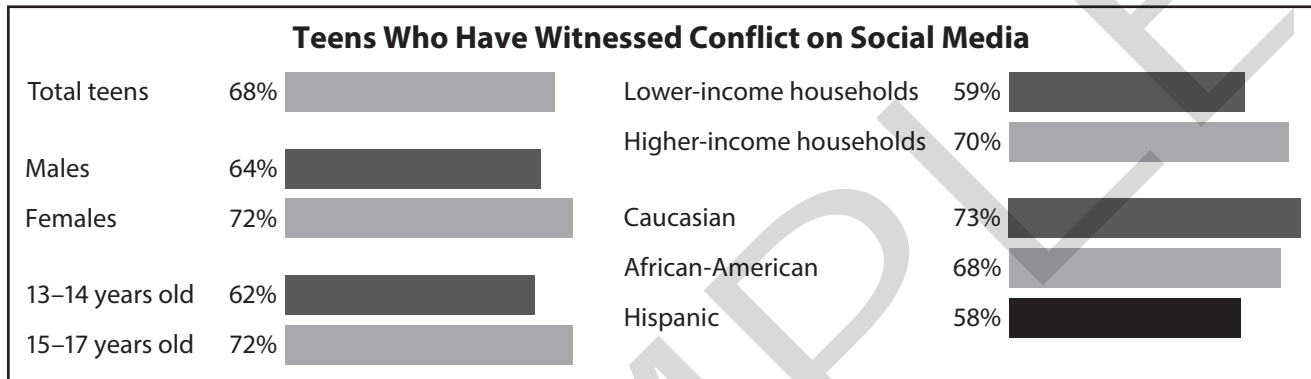
Matching

Instructions: Match each key term to its definition (13–16).

- | | |
|--|---------------------|
| 13. ____ disagreement or argument that occurs due to differing priorities, values, goals, or needs | A. conflict |
| 14. ____ failure in communication that can lead to conflict | B. feedback |
| 15. ____ constructive response to a message | C. misunderstanding |
| 16. ____ motivation to do an activity or take on certain qualities | D. pressure |

Analyzing Data

Instructions: Read the data below from the PEW Research Center on teen conflict. Use the information provided to answer the following questions.



PEW Research Center

Figure 1. Percentage of teens who have witnessed conflict on social media

17. If 5,000 teens took this survey, how many witnessed conflict on social media? How many did not?

18. What percent more of older teens (15 to 17 years old) witness conflict than younger teens (13 to 14 years old)?

Short Answer

Instructions: Answer the following questions using what you have learned in this chapter.

19. List three nonverbal elements that can help reduce misunderstandings in online communication.

20. How can building healthy, respectful relationships help you handle peer pressure?
