

## **NOTE TO HOME**

### **Number Five: Communications II**

#### *Points Covered in this Lesson:*

- ✓ Discussed the meaning of “*assertiveness*.”
- ✓ Discussed the difference between being a *poor listener* and being a *good listener*.
- ✓ Discussed the importance of *body language* in communication.
- ✓ Discussed *self-esteem* and its’ importance in resisting *peer pressure*.

#### *Possible Discussion Topics at Home:*

- ✓ Talk about the difference between being assertive and being aggressive. See if you can find an example.
- ✓ Talk about the difference between being assertive and giving-in. See if you can find an example.
- ✓ Talk about examples of poor listeners and examples of good listeners. See if you and your child know someone who is a good listener.
- ✓ Talk about examples of body language, both positive and negative.
- ✓ Talk about the meaning of self-esteem.
- ✓ Talk about examples of peer pressure. Can peer pressure be positive or negative?