



PowerTalk for Families My Words Affect Others

In our Power of Choice lesson today, we talked about different types of Speakers and how we can affect others by the *way* that we say things. We learned that by speaking in different ways, we can influence the Listener's understanding of what we say.

- **An Assertive Speaker** is strong but polite and uses a confident tone of voice, has good body posture and makes eye contact with the listener. An Assertive Speaker respects himself/herself and others.
- **A Passive Speaker** uses a quiet, timid voice that does not convey confidence. Often his/her body language shows that they are uncomfortable.
- **An Aggressive Speaker** is loud, bossy and doesn't care about the listener's feelings.

Name that Speaker!

Before you start this activity, cut up the "Speaker cards" on the bottom of this sheet and place them face down on the table. Make sure everyone understands each type of Speaker.

Have each member of the family write down something that someone said to them that day. Take each piece of paper and fold it and put it into a large bowl. Each person then chooses a phrase from the bowl and a card from the table. Then say the phrase using the Speaker type indicated on the card. The other members of the family guess which type of speaker that person is imitating. After everyone has a turn, use the same phrases, but choose a different Speaker card. Talk about the difference in each of the messages when they are said in different ways. Talk about ways the members of your family can use the information about different types of speakers to be more effective communicators.

For information on using the T-H-I-N-K Strategy for communication, check out this month's Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>

Assertive

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