

Instant activity:

Name the 3 C's of Healthy Relationships:

- 1) Communication - listening, talking, expressing feelings, needs, and wants
- 2) Cooperation - working together
- 3) Compromise - A Win-Win solution (both parties agree)

6 Traits of Good Character

1. Respect
2. Caring
3. Fairness
4. Trustworthiness
5. Responsibility
6. Citizenship

Class notes:

What is a refusal skill? Communication strategies which help you say "No" effectively (stating reasons, firm voice, strong body language)

What does STOP stand for?

S ay no
T ell why
O ffer other ideas
P romptly leave

What are characteristics of a good listener?

Eye contact, facial expressions, nod head
NOT interrupt, try to understand (Empathy)
ASK questions