



LAKE COUNTY NARCOTICS AGENCY

DAVID FRISONE, Executive Director

P.O. Box 490, Painesville, Ohio 44077
(440) 350-3333 . (440) 918-3333 . Fax (440) 350-3313



P.L.U.S. Parent's Guide Lesson 7 Listening and Communication Skills

Our lesson this week is on *listening* and *communication skills*. We begin with a game called "Rollerblading with the Leuft's". The students stand in a large circle and each time they hear the word left or right they must pass an eraser either to the left or right. The words are easy to hear, but the directions are hard to follow. The point of the game is to show how hard it is to listen when something else has your attention. Ask your son or daughter what it was like while playing the game.

We go over a worksheet called "Communication Checkup" to rate how well your son/daughter uses the principles of good communication. We use this worksheet for the students to rate how well they believe they are doing as listeners. You (parents) should ask to see this worksheet and help your child determine what they intend to work on at school and at home to become a better listener.

Listening can also be demonstrated with body language. We have the students pair up. Person A is to describe three things about a person who is special to them while person B is to ignore them. Person B must remain in his/her seat but can turn their back, read a book, hum a song, etc. in order to ignore Person A. After a few minutes we have the pairs switch roles and repeat the exercise. After both people have experienced each role a "feelings faces" worksheet is passed out. The students are to circle any feelings they experienced while being ignored.

As we speak with the students about the feelings they experienced while not being listened to, many students tell us their feelings were hurt which made them mad, angry and upset. The students also share how this exercise was fun but when people don't listen to them for real their feelings are much stronger and more negative. We ask the students if they ever ignore someone while being spoken to. Of course they do. Then we ask if the students think about how other people's feelings are being affected when they (the student) don't listen.

We make a list on the board of who the students feel are good listeners and what makes that person a good listener. Ask your son/daughter to share with you who they think are good listeners and what makes that person a good listener. We identify the "qualities of a good listener" as:

1. Eyes: good eye contact (not staring).
2. Body Language: facing or looking at the person.
3. Undivided Attention: not interrupting, not doing something else while listening.
4. Heart (caring): taking time to listen and not judging the other person's opinion as right or wrong. We don't have to agree with them, and we can tell them we believe they are wrong, but we still need to care.

It's important to explain that there are *exceptions to everything*. For example, one of the best times to talk with a teenager is while you are driving the car. At that time you are not facing each other, you don't have direct eye contact, and you are certainly doing something else at the same time. Talking in

the car is called “parallel talk” and it is highly effective with teens in certain situations at certain times. Parallel talk is a good way to help a teen relax and not feel on the spot.

Student/Parent Homework (Week 7):

On the “Hot Topics” worksheet the students are to circle topics that are easy to speak with you (parents) about, and underline those topics that are hard to talk with you about. This is not an exercise about whether your child can speak to you about these topics. It's an exercise of determining which topics are *easy* and which are *difficult* to talk with you about and **why**. This worksheet can give parents some good insight into those areas that need some cultivating so your son/daughter can speak with you more freely about sensitive topics.

If you feel this homework or any of the homework assignments are too personal or invasive, please discuss them with your child, AND then write a note on the homework that you have discussed it and would rather not fill out your answers, sign it, and return it. Your child will get full credit for completing the assignment.

DATES TO REMEMBER

Parent' Night: Parent's Night is open to any adult, parent, grandparent, relative or any person wishing to gain more information regarding the P.L.U.S. Program and/or timely drug information. We certainly hope you can take the time to attend.

Riverside	TBA	7:00 - 9:00pm
Perry	TBA	7:00 - 9:00pm

.... *Look for your local school system*

Some CURRENT Tobacco information:

- In Ohio 20% of those 18 and over use tobacco products. That puts Ohio as the 15th highest state in the nation with the number of adults who smoke.
- Tobacco use is the top cause of preventable disease, causing 18,600 deaths annually in OHIO, which equals one-fifth of all deaths annually in Ohio.
- Tobacco use costs \$4 billion per year in direct health care and \$5 billion in indirect costs such as loss of work productivity in Ohio per year. The average household in Ohio pays \$629 in state and federal taxes related to smoking-caused government expenditures annually.
- Tobacco use claims more lives than alcohol, other drug use, car accidents, homicides, suicides, fires and AIDS combined each year.
- 80% of all adult smokers started smoking under age 18.
- 70% of adolescent smokers WISH they had NEVER STARTED SMOKING.
- 12.5 million packs of cigarettes are sold every year to OHIO CHILDREN resulting in \$21.6 million in illegal sales to minors. It's illegal for Ohio youth (under age 18) to purchase, attempt to purchase, possess or use tobacco products.
- Each year, because of exposure to environmental tobacco smoke (second-hand smoke), an estimated 3,000 NONSMOKING Ohioans die of lung cancer. Each year 919,000 of Ohio's children are exposed to second-hand smoke AT HOME.
- A non-smoker riding with someone smoking, windows up, in a car for 1-hour breaths in smoke comparable to smoking 4 cigarettes.
- A non-smoker sitting in the non-smoking section of a restaurant for 2 hours breaths in smoke comparable to smoking 1½ cigarettes.