

Identify Communication Types (Secondary)

When we communicate, we share information and ideas with others. There are three different communication types. The first is passive. When we are passive, we are afraid to say what we want, need, and think. We don't voice our feelings. Communicating passively can be verbal or nonverbal, through body language. When we are verbally passive, we say things like "Whatever you think is best." When we use body language to communicate passively, we avoid eye contact, shrug our shoulders, or isolate ourselves.

The next communication type is assertive. When we are verbally assertive, we speak clearly and pronounce our words. When we use body language to communicate assertively, we stand up straight and make eye contact with the other person. Communicating assertively shows others that we respect them and ourselves.

The third communication type is aggressive. When we are verbally aggressive, we yell or say cruel things to others. When we use body language to communicate aggressively, we glare, clench our fists, or invade others' space.

You can practice ***identifying the communication types*** by watching how people communicate and identifying if they are being passive, assertive, or aggressive. Let's say you and your friend disagree over what you plan to do together after school.

- How would your friend communicate passively? What would they say and do?
- How would your friend communicate assertively? What would they say and do?
- How would your friend communicate aggressively? What would they say and do?

When you practice ***identifying communication types*** in yourself and others, it helps you understand how the type of communication you use impacts the outcome of a situation.