Teen Communication Skills

Listen. Choose a style. Say it clearly. Check the signal. Repair.

Name: _____ **Date:** _____

1. Safety sort

Is this talk safe to have? If not, get help first.

2. Scene + goal

Who, where, in person or text? Be heard, ask, say no, or repair?

3. Listen first

Reflect content plus feeling, then check: is that right?

4. Pick a style

Passive, aggressive or assertive? Choose on purpose.

5. Build the message

One I-statement plus one clear, specific request.

6. Check the signal

Voice, face, body, timing. Texts: read it as the receiver.

7. Rehearse

Practice once or twice. Plan what to say if they push back.

8. Talk + repair

Name it. Own the impact. Offer a next step.

9. Log + review

Write what you tried. Partial wins count.

One message, three styles

Scene: a friend keeps borrowing your charger and not giving it back.

Passive Calm now, resentment later.	"It's fine, I don't really need it."
Aggressive Gets attention, costs the friendship.	"Get your own charger, you're so annoying."
Passive aggressive Feels safe, confuses everyone.	"Wow, must be nice to have a charger."
Assertive Clear and respectful. Best odds.	"I need my charger back by lunch. Want the link to one?"

Assertive is not always the answer: if someone is threatening you, leave and get help.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis or treatment. Better words do not make an unsafe person safe.

Original layout by Lotus & Tulip, based on widely taught teen communication skills. A practice tool, not therapy.

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My Communication Plan

One scene. One goal. Listen, say it, check it, repair it.

Name: _____ **Date:** _____

The scene and my goal

Who, where, in person or text? Goal: be heard / ask / say no / repair

_____

_____

Listen back line

"So you feel ___ because ___. Is that right?"

_____

_____

Style check: write the same message three ways

Passive: _____

Aggressive: _____

Assertive: _____

I-statement builder

I feel _____

when (what happened, not a judgment) _____

because _____

Could we / Would you _____

Check the signal

Do my voice, face and body match my words? Yes / Not yet: _____

Text: read it as them. Feeling in words? Waited 10 minutes if heated? Y / N

If they push back, I will say: _____

Repair line, if it goes badly

Name what I did · own the impact · offer a next step

_____

_____

Trusted adult I can talk to if this feels unsafe or stuck:

_____

After the talk: what went well, even a little?

_____

_____

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Communication Practice Log

Seven tries. Small, specific, honest. Partial wins count.

Name: _____ **Date:** _____

Day / date	Who + scene	Skill I used	What happened	Next time
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Listen back: "So you feel ___ because ___. Right?"

Say it: I feel ___ when ___ because ___. Could we ___?

Check tone · Wait before heated texts · Repair: name it, own it, next step

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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