Communication is Important

Factors that contribute to unhealthy behaviours include: anger, low self-esteem, differences of opinions, stress and strain between persons, and lack of respect for people and property.

Communication is one of the most important skills in dealing with conflicts or disagreements. People need to talk to each other.

Guidelines for good communication.
- Agree that there is a problem.
- Listen to each opinion
- Work together to reach an agreement.

Ways to avoid bullying
- Never tease and encourage schoolmate not to tease
- Be aware of the other person's feelings
- Keeping an open mind and show respect and compassion



LIVEWORKSHEETS

Date: _____

1. Write THREE factors that contribute to unhealthy behaviour.

_____ _____

_____

2. Write TWO ways to communicate better.

_____

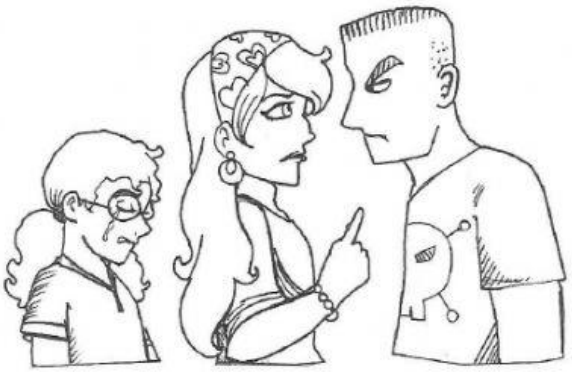
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3. Look at the two pictures below. These people are standing up to bullies. On the line write who you would tell and what you would do if you are being bullied or see someone being a bully.





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LIVEWORKSHEETS