

TIPS FOR TEENS

Standards:

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.5 Identify and express feelings

PS:A1.7 Recognize personal boundaries, rights and privacy needs

PS:A1.12 Identify and recognize changing family roles

PS:A2.6 Use effective communications skills

PS:A2.7 Know that communication involves speaking, listening and nonverbal behavior

Objective: The students will be able to communicate verbally and non-verbally to express information and emotions.

Materials: pre-made post-it notes for “Famous Pairs” activity, writing paper, writing utensils (colored pencils are best), objects for the “Mystery Drawing” activity.

Procedure:

1. Play WVIA’s *Mind Over Matter* “Tips for Teens” video.
2. Ask students to write down ways in which they struggle to communicate with adults and each other.
3. If students are willing, ask them to share.
4. **Famous Pairs:** Before the lesson, compile a list of well-known pairs, e.g., Shrek and Donkey, Romeo and Juliet, Bert and Ernie, Mario and Luigi. List each half of the pair on a post it note. Each student will receive one post-it note on their back, and then ask each other 3 questions (no more!) to try and figure out who the person on their post-it is. Once they have figured out who they are, the students will try to find their pair. But if their partner has not figured out their identity, they cannot reveal themselves until they know.
5. Once the activity is finished, have students sit back in their chairs and discuss. What did you find difficult about that activity? How did you discover who you were?
6. **Mystery Drawing:** Pairing students into different groups, one student receives an object, while the other sits with his/her/their back to the object. The student with the object needs to describe the object without saying what it is, while the other has to draw and color the object based on the description.
7. Once the activity is completed, have students share their objects and drawings. Ask each pair to discuss how they communicated with one another.
8. On the same paper they used at the beginning of the lesson, have students describe one way they can communicate more effectively with the adults in their lives.