

Life

Skills Training

Promoting Health and Personal Development

Dear Family:

One factor believed to play a role in preventing teen tobacco and other drug use is strong communication skills. The more effectively children can communicate, the more likely they are to be able to talk about things that are bothering them. In addition, if someone is pressuring a child to do something he/she does not want to do, good communication skills can enable the child to communicate his/her refusal.

Our class has been studying different types of communication. Today students discussed the importance of listening to others. Active and passive listening are techniques that will help your child mature into a caring person. Hopefully, as your child learns to be a better communicator, he/she will develop friendships with other children who have the same qualities. You can help your child continue to practice good communication.

Encourage your child to keep a journal or a diary. If your child has a disagreement, encourage your child to verbalize how he/she is feeling, while also listening carefully to the other person's point of view. Act as a role model for your child by verbalizing your feelings and listening carefully as well. General communication activities can be helpful too. Play charades at home or tell ghost stories or folk tales to each other. If you and your child have E-mail, send messages to each other. Encourage your child to get a pen pal or write letters to relatives.

Thank you for your help.

Sincerely,