

**Which style of communication do you use?**

***Passive communication occurs when the person is not active or verbal in response. People usually act passively because they do not like to cause conflict. Their attitude and responses are based on compliance.***

*Example: A teacher asks a student to work on a math exercise in class. If the student knows how to complete the exercise, they will quietly and passively start working on the exercise. If they do not know how to complete the exercise, they will sit quietly at their desk and try to work through it on their own without outside help. They may feel like they do not want to bother the teacher or others around them. They might also communicate passively because they feel ashamed that they do not know how to complete the exercise.*

***Passive-Aggressive communication occurs when a person is responsive, but in an often negative and/or sly way. Children are usually the most-likely group of people to demonstrate a passive-aggressive style of communication. Passive-aggressive responses are based on non-compliance. If someone doesn't want to do what is asked of them, they may use distractions to avoid a task.***

*Example: A student is asked to complete a math exercise in class. A passive-aggressive response to this would be to create a distraction to avoid completing the exercise either because they do not know how to do the exercise or they do not want to do the exercise. They may start writing notes, doodling, listen to their iPod, etc. Often, passive-aggressive responses are sneaky and not usually detected at first.*

***Aggressive communication occurs when the person is bold and assertive, to the point of being considered pushy. People usually act aggressively when they feel either personally attacked or pressured. Aggressive responses are based on emotions, not usually rational thinking.***

*Example: A teacher asks a student to work on a math exercise in class. The student feels pressure to comply, but does not understand how to do the assignment or does not want to do the exercise, so instead tells the teacher they will not do it. They take a stand in front of the rest of the class causing a clear battle for control of the classroom.*

***Assertive\* communication occurs when the person is confident in their response and often demonstrates a positive attitude. People who are assertive appear confident to others. They are usually well-liked by others because they have a positive attitude and speak their mind in a calm and controlled manner. Being assertive not only means speaking your mind, but it also means knowing that there is a time and place for everything. It may not be appropriate to speak your mind during the middle of a presentation, but asking questions after the presentation is often encouraged.***

*Example: A teacher asks a student to complete a math exercise in class. An assertive student may or may not know how to complete the assignment. If they do know, they will work hard to complete it, often assisting others who might need help. If they do not know how to complete the exercise, they will raise their hand and ask the teacher for help, then engage in completing the exercise.*

*What style of communication are you? Explain.*

---

---

---

---

---

---

---

---

---

---