



Carshalton High School for Girls

**CHSG**

Community | Harmony | Success | Growth

# Communication

4<sup>th</sup> – 8<sup>th</sup> May 2020



# Communication

**We're going to be thinking about communication this week. There's lots of things to think about in this session. You don't have to write your answers down but you can if it helps you to process your thoughts.**

**Let's go!**





# Communication

- **Communication can be defined as “the imparting or exchanging of information by speaking, writing, or using some other medium.”**
- Think...what are the different ways you communicate with other people? Write a list if it helps. Which do you use the most and least? Which do you enjoy the most and least?
- Think about the times when you're with your family or friends (before lockdown). What do you enjoy about being with them in person? Are there ever times when your focus shifts and you start busily texting or communicating with other people? If so, why do you think this happens? How do you think friends and family feel if this happens?



# Can you remember?

- Who was the last person who started a face to face conversation with you outside of your family?
- Who was the last person that called you on the phone?
- Who was the last person that e-mailed you?
- Who was the last person that sent you a text message?
- Who was the last person that wrote you a letter or card?


How do you feel about these different methods of communication?  
Did any of them make a bigger impact on you than others? Why?





# Spreading positivity

- Have you ever said something critical or unkind to, or about, anyone else? Why did you do it?
- What other reasons might people give?
- What positive things could you communicate with others this week? What have you noticed happening around you that you can tell others about? What's been happening in your life that you could talk about?



Many of you will be able to communicate with other people online. This might be through text messages or video calls. Some of you might be able to see public instagram or twitter accounts of **celebrities**. (Remember, you do not meet the age restrictions to have these accounts yourselves yet.) **It's important to remember these interactions and accounts don't tell the whole truth.**





# The whole truth?

- Communication with others online, including watching videos on YouTube etc. can give you a false sense of reality. A YouTube video can make someone's life look amazing or a photo sent in a text message can suggest that life is perfect. But that's not the whole truth...
- The following [clip](#) is about “social media” but could include all the ways people might share their lives with others, online.  
Do you agree with what it says?  
Are there any parts you disagree with?  
Why is it important to understand that some people's social media profiles, text messages or photos may not reflect reality?





# Top Tips ([www.mindwise.org](http://www.mindwise.org))

- 1. Schedule times to use your phone/computer and times to step away.** As with most things, balance is the key to having healthy habits online.
- 2. Watch the clock!** Have you ever gone online to check the time of a birthday party next week and found yourself, an hour later, watching video after video. Be thoughtful about why you're logging into a site and then make sure you sign off when you're finished.
- 3. Use other people's messages or posts or as inspiration rather than comparison.** Seeing other people broadcast their successes and post magazine-perfect moments of their lives might make your daily life pale in comparison. But remember that these moments aren't representative of someone's whole life, and the person posting them is probably struggling with a lot of the same things you are.
- 4. Think before commenting.** Likewise, think about what you're sending out to the world. Before you hit send on a post, consider whether it's spreading positivity.





# Staying safe. Remember...

- Never give out personal information to people you meet online e.g. your full name, address, school, photo to someone you meet online.
- Don't arrange to meet up with people you've met online. Talk to an adult about it if someone suggests it.
- Make sure any online systems you use are securely password protected and private.
- Talk to an adult if you're concerned about anything – either for yourself or a friend.

# Communication

Write down...

...three things that others have said or written to you recently that have encouraged you. Why were they an encouragement?

Help someone at home cook dinner each night this week and ask them about things they enjoy, memories of when they were younger, hopes they have for the future...anything you and they like is great!

Invite a family member to join you for a walk one evening.

Write a letter or card to someone and pop it in the post.

## Wellbeing Tips...

**Monday:** Visit a virtual museum! Go online and explore the collections online.  
**Tuesday:** Do something helpful for a friend or family member today.  
**Wednesday:** Think about two role models in your life. Why do they inspire you?  
**Thursday:** Play a card game or board game you haven't played in a while  
**Friday:** Email one of your teachers to say thank you for something

Learn how to introduce yourself and ask how others are in British Sign Language.

<https://www.british-sign.co.uk>