

What Gets in the Way?

Sometimes it's hard to speak up. Think about your own experiences.

What are my fears about talking to an adult ?

Who do I find it easiest to talk to? Why?

Open Communication

Open communication means being honest and clear.

What's one thing I wish adults understood about me?

What's one situation where I can try being more open this week?

Contact Us!



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PATHFINDER SERVICES
OF NORTH DAKOTA

Communication for Confidence

Created By: **YOUTH** 
POV

Who Can Help You?

You're not alone!

List 2 people you can go to for advice or help:

One question I want to ask them is:

Think Before You Speak

Before speaking up, try these steps. Which do you need to work on the most?

What's one situation where I can try being more open this week?

- Take a deep breath
- Think before speaking
- Speak in a calm voice
- Be clear
- Use "I" statements

I want to work on:

Stay Positive

A calm and respectful tone can change the whole conversation!

Draw or write how you can stay positive even when you're frustrated:

Build Your Confidence

Practice makes progress!

Write a pep talk to yourself (what would you say to hype YOU up?)

Bonus Challenge!

This week, I will try to...

- Ask for clarification
- Speak to someone respectfully
- Use "I" statements
- Speak up for myself
- Stay positive during a conversation

My choice is...
