



## D.A.R.E. FAMILY TALK #4

During our D.A.R.E classes we have learned about the importance of **communication** in our daily lives.

We discussed that **confident communication** means expressing thoughts or feelings with each other that communicates your opinion while still respecting others.

We also learned about **nonverbal communication** and actively listening to what others are saying.

- Ask your child to give an example of a situation where they might need to use confident communication.
- Have them demonstrate the way they would respond and discuss how you knew they were practicing good communication skills.
- How did you show you were actively listening to what was being said? What are some nonverbal ways that we communicate our feelings?

Think of a time or situation that using the steps of the D.A.R.E. Decision Making Model would help solve a problem and improve communication.

### **Define, Assess, Respond, and Evaluate**

**D – DEFINE** Define the problem

**A – ASSESS** Assess your choices

**R – RESPOND** Make a choice. Use the facts and information you have gathered.

**E – EVALUATE** Evaluate your choice

As a family, share several ways you might practice good communication skills in daily situations both at home and at school.