

NEW MEXICO 4-H

Aggie Next Step

Self-Advocacy Communication Styles



Post Secondary Pathways



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Communication

INTRODUCTION

Effective communication is more than words; it's body language, tone, and the way we express ourselves. In this lesson, participants will explore passive, aggressive, and assertive communication styles and learn how to communicate needs clearly, confidently, and respectfully in any situation.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Begin by having participants complete *Pre-assessment*.
2. Open discussion with: *How do we communicate without speaking?*

Briefly explain that communication involves both verbal and nonverbal behaviors, and our communication style shapes how others perceive and respond to us.

3. Distribute *What Is Your Body Language Saying About You?*.

Review signs of confidence vs. low confidence. Discuss the difference between confidence and arrogance.

- Optional: Have participants complete the Quick Reflection (list or circle 3 confident behaviors to build, 3 to reduce).

4. Share with the group that they will be participating in a charade activity. Follow the instructions for *This Is What Feelings Look Like Charades*.

5. Distribute and review the *Communication Styles* and *What is your communication style color?* handouts. Have students identify the style they most often use and briefly discuss digital and cultural considerations.

6. Next explain the group will role play different communication styles. Follow the *Red, Yellow, Orange, or Green? Communication Styles Activity* instructions.

7. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.

8. Have participants complete *Post-assessment*.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Demonstrate** assertive communication in real-life scenarios
- **Identify** passive, aggressive, and assertive communication styles
- **Recognize** the role of body language in communication
- **Explain** the impact of communication style on relationships
- **Apply** strategies to communicate clearly and respectfully



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Communication

LESSON EXTENSION

Lesson Extension Options

- Have students observe and reflect on real-life communication interactions (in class, at home, online).
- Ask them to write a brief reflection: "How can I be more assertive in one real-world situation this week?"

WRAP UP

Strong communication builds understanding, respect, and trust. By recognizing our style and practicing assertiveness, we can express ourselves clearly without hurting others. Let's use these skills to create positive connections in school, work, and everyday life.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.1: Select and employ appropriate reading and communication strategies

CTE 2.1.2: Demonstrate use of the concepts strategies, and systems to enhance communication in the workplace

CTE 2.1.7: Interpret verbal and nonverbal cues/behaviors to enhance communication

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-1: Act as a responsible and contributing citizen and employee

CRP-4: Communicate clearly, effectively, and with reason

CRP-12: Work productively in teams while using cultural/global competence

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations and collaborations

SL6: Adapt speech to a variety of contexts and communicative tasks

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

COMMUNICATION: How can we communicate more assertively

<https://www.youtube.com/watch?v=F3-yKoHTygg&t=12s>

4 Communication Styles - Passive, Aggressive, Assertive & Passive Aggressive

<https://www.youtube.com/watch?v=IEUjZiO5vmg&t=79s>

Communication Styles Assertive Passive Aggressive

<https://www.youtube.com/watch?v=MMc8AP9KhEM>



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