

# Communicating with other people



Talking and listening to others is natural and easy for a lot of people.



This might feel different for me. It might not be easy. It might not come naturally. It might not be fun.

# Communicating with other people

Tick which of these is true for you...



I usually do not like to listen when people are talking.

I usually do not like to answer questions people ask me.

I have nothing to say to people.

# Communicating with other people

Tick which of these is true for you...



It's hard to figure out when I'm supposed to talk.



I would rather do something else, instead of talking.



I like to listen and talk to people.

# Communicating with other people

Tick which of these is true for you...



Sometimes talking can be stressful and confusing.



Sometimes, it is fun to talk.



Sometimes I get disappointed when I try to talk to others.

# How communication works



Step 1: Putting my thoughts into words



Step 2: Getting a person's attention and telling them the words



Step 3: Listening to what the other person says to me



# How communication works



Step 5: Thinking about what that person has said



Step 6: Go back to step one. Putting my thoughts into words.



I don't like cycling.

# Making Sure Someone Is Listening



Before I speak to someone, I must make sure that they want to talk and that they are ready to listen to me.



If someone is busy doing something, they might not be ready to listen to me.



If someone is looking at another person who is talking, they might not be ready to listen to me.

# Making Sure Someone is Listening



Do you like listening to music?

Someone is ready to listen if they have just asked me a question.



Someone is ready to listen if they are sitting or standing with me and their eyes are looking at me.



# Making Sure Someone is Listening



Wait

If I think that someone is not ready to listen, I need to wait until they are.



If I am not sure how long to wait, I can softly tap them on the shoulder **one time**.



I can they say “Excuse me, I have something to tell you. Please let me know when you are ready to listen”.

# Making Sure Someone is Listening



Sometimes, when I am trying to talk to a new person who I do not know, they might not want to listen.



This is ok. This is not because you have done something wrong.



Everybody is different. Some people like talking to new people. Other people do not.



# Making Sure Someone is Listening



When this happens, I should not keep trying to talk to that person. I can talk to others who are ready and happy to listen.



Remember, someone is ready to listen if they have just asked me a question. Or if they are not busy and their eyes are looking at me.

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# Making Sure That I Am Listening



Communicating is not all about talking.



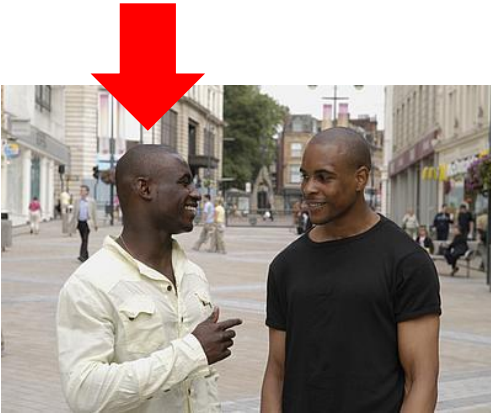
It is important that I listen and pay attention to what other people say to me.

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While I am listening, I try to understand what is being said. I need to think about what the person has said.



# Making Sure That I Am Listening



Once I have thought about what the person has said I should reply. It is now my turn to talk again.

# Talking Too Much



Sometimes people can talk too much.



They might talk so much that no one else can have a turn to talk.



They might not listen to what other people say.

# Talking Too Much



They might not know when to stop talking.



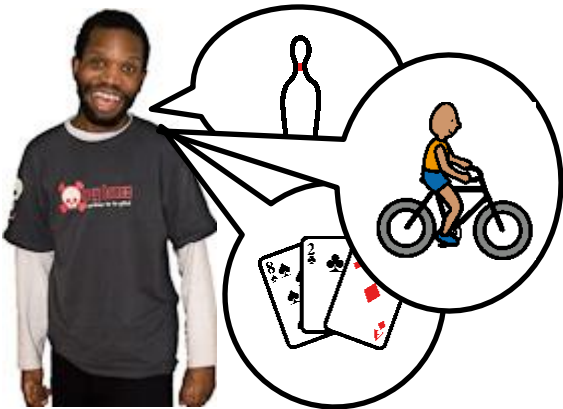
This means that other people do not enjoy talking with these people.

# Talking Too Much

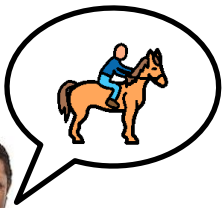
Tick which of these is true for you. I might talk too much because...



I do not know when I am supposed to stop talking.



I like to talk about my interests.



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I do not want to talk about something different.



# Talking Too Much

Tick which of these is true for you. I might talk too much because...



I want people to like me.



I am very excited about what I am saying



I feel worried or upset.

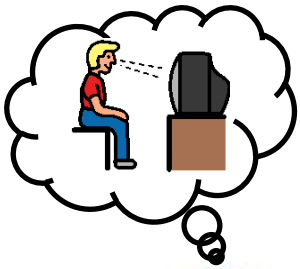
# Ending a Conversation



**Long**



**Short**



Some conversations between people are short. Others are very long.

Sometimes I might not notice if the person I am talking to has stopped listening or wants to do something else.

The person I am talking to might want to end the conversation if they have stopped looking at me...



# Ending a Conversation



...If they have stopped talking to me...



...If they start doing something else...



...If they start talking to someone else...



# Ending a Conversation



If the person does want to end the conversation, this is ok. You haven't done anything wrong.



People have lots of different reasons for ending conversations. Everybody is different.



You should stop speaking to someone when they do not wish to continue talking.

# Ending a Conversation



If you keep trying to speak to someone who does not wish to have a conversation, this might upset them or make them angry.



There are lots of other people who will be happy to speak to you.

# Alcohol and Relationships



When people have a lot of alcohol they behave in certain ways.



They become less shy.



They behave in ways that they usually would not.

# Alcohol and Relationships



Sometimes, I will meet females I do not know in the pub who have been drinking alcohol.



They might come and talk to me.



They are probably not behaving how they would normally.

# Alcohol and Relationships



Talking to them is ok, but I need to remember what I've learned about talking, listening, and ending conversations.



I need to remember that only some things are ok when I am talking to people I do not know.

