

Communication Styles Role Play Cards

PARTICIPANT 1: AGGRESSIVE

Without your permission, your best friend (the facilitator) has shared a very personal secret with another person. The person they have told has, in turn, told you what happened. Your best friend (the facilitator) is now confessing what they did.

Respond using an AGGRESSIVE communication style. The information below gives you a starting point for what to say, and how to say it.

INSTRUCTIONS

- Use a loud voice.
- Get in your best friend's personal space.

Your starting line: (Interrupt your best friend) "You are such a jerk! I cannot believe you told someone that. I thought you were my friend!! You are a terrible friend and a horrible person!"

PARTICIPANT 2: PASSIVE

Without your permission, your best friend (the facilitator) has shared a very personal secret with another person. The person they have told has, in turn, told you what happened. Your best friend (the facilitator) is now confessing what they did.

Respond using a PASSIVE communication style. The information below gives you a starting point for what to say, and how to say it.

INSTRUCTIONS

- Keep your voice soft.
- Do not make eye contact.
- Slump your shoulders.

Your starting line: "Oh, I kind of wish you did not tell them that, but I guess it is okay. I guess I should have kept it to myself if I did not want anyone to know."

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PARTICIPANT 3: PASSIVE-AGGRESSIVE

Without your permission, your best friend (the facilitator) has shared a very personal secret with another person. The person they have told has, in turn, told you what happened. Your best friend (the facilitator) is now confessing what they did.

Respond using a PASSIVE-AGGRESSIVE communication style. The information below gives you a starting point for what to say, and how to say it.

INSTRUCTIONS

- Use a sarcastic voice.
- Cross your arms, or face your body away from the person.
- Scowl as if you are angry, or act sulky and pouty.

Your starting line: "Awesome, thanks sooo much for doing that. I am sure they are not going to tell anyone at all. You are sooo trustworthy. I am going to share alllll of my most personal secrets with you from now on."

PARTICIPANT 4: ASSERTIVE

Without your permission, your best friend (the facilitator) has shared a very personal secret with another person. The person they have told has, in turn, told you what happened. Your best friend (the facilitator) is now confessing what they did.

Respond using an ASSERTIVE communication style. The information below gives you a starting point for what to say, and how to say it.

INSTRUCTIONS

- Communicate what you think and feel in a non-threatening way.
- Use a clear voice.
- Make eye contact.

Your starting line: "I am upset that you have betrayed my trust by telling them my secret. I told you those things in confidence and trusted that you would not share that information with anyone. I feel like we need to figure this out so that I can trust you again. Can you come over after school to talk?"