

# Destructive/Constructive Communication

## Summary

Help the students learn to send I-messages and to identify constructive and destructive communication.

## Main Core Tie

Adult Roles And Responsibilities

[Strand 2 Standard 1](#)

## Time Frame

1 class periods of 70 minutes each

## Materials

"Let's Communicate" is part of the Curriculum Guide.

## Background for Teachers

The textbook used is, "Strengthening Family and Self" published by Goodheart-Willcox.

## Intended Learning Outcomes

Practive using I-messges. Identify types of destructive communication: blaming, interrupting, endless fighting, character assassinin, calling in reinforcements and withdrawal. Identify types of constructive communication: I-messages, clarifying, timing, asking quesitons, reflective listening, respect, consideration, and avoid anger.

## Instructional Procedures

Journal, text, hammer & nails, role play, and State Performance #6 assignment.

## Authors

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