



EFFECTIVE COMMUNICATION SKILLS

Description of this class for parents + caregivers

Strong, healthy relationships are built on clear and respectful communication, and these skills take practice to develop. This lesson focuses on the elements of effective communication: clear expression, listening to others, and handling conflict in ways that strengthen relationships rather than damage them.

Students explore what makes communication most effective—like being clear, direct, and kind—and what gets in the way, such as distractions, unclear wording, or mismatch between words and body language. They learn the importance of active listening, which includes asking open-ended questions, and of nonverbal cues like tone and facial expressions. The class also covers conflict resolution – namely how to apologize in a way that feels genuine and how to resolve disagreements respectfully. It ends with a section about communicating more thoughtfully online, where important context is often missing.

When students have concrete strategies for listening, speaking, and repairing relationships, they become more confident expressing themselves and they build stronger connections with others.