

COMMUNICATING DURING VIRTUAL LEARNING



Communication should always be...

Direct
Responsible
Active
Brief

Watch a short video with more tips on how to communicate during virtual learning!

This content was prepared by Joe Torre Safe At Home.

Founded in 2002, Safe At Home provides healing, hope, and empowerment to youth exposed to violence and abuse.

To learn more about our work, visit joetorre.org.

DIRECT

Identify exactly who you are talking to, what you want or need from them, and when you want or need it by.

"Mom, I need you to read this permission slip before bed."

RESPONSIBLE

Take responsibility for your feelings and actions; speak for yourself only. Starting a sentence with your own feelings and thoughts keeps the person you are speaking to from feeling blamed or targeted.

"I feel When"

ACTIVE

Respond to what you hear someone telling you by repeating it back to them. Let them know you are truly listening!

"What I heard you say was...is that correct?"

BRIEF

Keep your communication short and sweet. Give the person you are speaking to time to process what they heard and actively respond. Practice by challenging yourself to say 10 words or less!

"Sarah, please do the dishes before 8 pm."