

# Contact Conversations

Taken from Relationships and Communication Activities by Patricia Rizzo Toner

**DO:** Divide youth into pairs. Give each youth a CONTACT CONVERSATIONS WORKSHEET. Tell each pair that they will have seven 45-second conversations (timed by you, the leader) following the instructions provided on the worksheet. After each conversation, they are to put a check under the column that describes how they felt about the conversation. As a leader, be sure to tell youth when to start and stop each conversation.

**REFLECT:** Which conversations were the most “normal” and why do you think so?  
Which conversations were the most “strange” and why do you think so?  
How did it feel to have your back to someone when you were speaking to him or her?

**APPLY:** When have you been in a situation where you were trying to pay attention to a speaker, but the situation was making it hard to listen?  
As a listener, how can we show that we are listening to the speaker?  
As a speaker, how can we make it easy for the listener to pay attention to us?