



## **Unit 14: Publicity and Communications Skills**

# **I messages activity guide and handout**

**Developed by**



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## I messages activity guide and handout

**Estimated duration:** 20 minutes

### Aim

- To provide a structure to help students communicate effectively

### Outcome

By the end of this class, students will be able to:

- Define an 'I message'
- Use an 'I message' in everyday situations

### Resources

- Hand out: I messages (included below)

### Activity Description

We can give assertive feedback (discussed earlier in the sending and receiving messages activity) by using an 'I message'. (Note: Don't give the handout out till the end, as it gives answers.)

#### *How to say an I message*

Write on the board the following framework to explain an I message:

I feel \_\_\_\_\_ (name of feeling) when \_\_\_\_\_ (describes the situation or behaviour)

I messages:

- describe the situation or behaviour
- don't judge
- state the feelings of the person speaking
- rarely make the situation worse

You messages

- hold someone else responsible for your feelings
- blame others
- put others down
- can often make the situation worse

### *Examples of I messages*

Provide the following examples of I messages:

I feel confused when people shout at me  
I feel upset when I hear someone hurts an animal  
I feel excited when we have time to play sport  
I feel sad when I am called names  
I feel annoyed when people talk over the top of each other  
I feel relieved when I fart

### *Is it an I message or a you message?*

Now have students consider the examples below and have them determine if they are I or you messages:

I reckon you're an idiot  
I feel happy when we work together as a team  
I feel that you're a loser  
I feel wrapped about solving that problem  
I feel sad when people call me names. Put downs hurt me.  
I feel upset when everyone picks on me  
I feel angry when you're acting like a smart arse

Answers for the above:

I reckon **you're** an idiot - you message  
I feel happy when we work together as a team - I message  
I feel that **you're** a loser - you message  
I feel wrapped about solving that problem - I message  
I feel sad when people call me names. Put downs hurt me. - I message  
I feel upset when everyone picks on me - I message  
I feel angry when **you're** acting like a smart arse - you message

Now the class has some examples, get them to create and write down on a piece of paper some more examples. Review the examples for correctness.

This is a good activity to have students do in a real situation in the classroom. If they are not communicating effectively in a situation remind them of I messages and get them to state the problem as one. This can help resolve conflict and issues. Modelling of this by staff is effective in helping students integrate the use in everyday situations. Remind them that it can still sound real and authentic and not scripted but it does take some practice.

## **Student Roles and Responsibilities**

Participate in agreed tasks  
Contribute to class discussions

Complete activities and worksheets  
Seek teacher assistance and support when needed

### **Level of Teacher Support**

Facilitate discussion  
Organise materials and equipment  
Introduce tasks and activities  
Provide assistance when requested

### **Assessment**

To use these learning activities as assessment tasks, collect evidence such as:

Teacher checklist and observation  
Copies of student materials and worksheets  
Student notes  
Teacher checklist for class discussions

## I messages handout

### How to say an I message

I feel \_\_\_\_\_ (name of feeling) when \_\_\_\_\_ (describes the situation or behaviour)

Why use them?

I messages:

Describe the situation or behaviour

- don't judge
- state the feelings of the person speaking
- rarely make the situation worse

You messages

- hold someone else responsible for your feelings
- blame others
- put others down
- can often make the situation worse

Some examples:

I reckon **you're** an idiot - you message

I feel happy when we work together as a team - I message

I feel that **you're** a loser - you message

I feel wrapped about solving that problem - I message

I feel sad when people call me names. Put downs hurt me. - I message

I feel upset when everyone picks on me - I message

I feel angry when **you're** acting like a smart arse - you message