



This thinksheet supports concepts taught in *Social Thinking Thinksheets for Tweens and Teens*

Initiating Communication to Help Yourself!

Initiating communication means you are the one who begins to talk or communicate with someone else to let the person know that you need something or just to show that you want to be with them. You aren't waiting for someone to come up and ask if you need help or if you want to hang out together; you take the lead.

Initiating asking for help—To Discuss

What are some of the different situations you could be in when you would need to ask for help (*self-initiated*)?

What is the difference between asking for help and asking for clarification?

Do people only ask for help or need more explanation when they're having a "blank moment"?

How do you feel when you have to ask for help?

How do you feel when you have to ask for clarification?

How do you initiate asking for help in a classroom?

Is there ever a bad time to ask for help? If so, when?

Is it possible to ask for help too much? Why?

How do you initiate asking for help when you're not in a classroom?

What kind of help/clarification would you be asking for when not in class?

Who do you ask for help?...in class? in the community?...at home?

Initiating showing interest in another person—Let's Brainstorm

How do you initiate talking to a person that you want to play a game with or hang out with?

Do you just start talking to a person or do you need to use your body to physically approach that person before you start talking?

Initiating communication with another person involves more than just talking to them; you have to use your body and your eyes. Describe how the *Four Steps of Face-to-Face Communication* help you to initiate communication with another person.

*Try it...*do a role play where you have to walk up to a person or a group to initiate communication.

How did you do using all four steps?

Which step do you think you need to work on the most to help make this easier for you?
