



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Dealing with Adolescent Transition

Jo Manisier- Student Support Manager

Clair Gill- Safeguarding & Intervention Manager

Paula Palmer – Behaviour Support Manager



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Personal statement

What are they and how do we use them?

Personal statements help the speaker state their case without inflaming or arousing the defences of the listener, they are a very effective tool in helping us become assertive communicators.



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Remember that

Assertive people stand up for their personal rights and express their thoughts and feelings firmly, directly and honestly in ways that are respectful of others. They respect the rights of others and recognise the importance of having their own needs and rights respected. They speak clearly and to the point, and are confident about who they are. They recognise they have choices in life but will listen to what other people say also. Assertive people gain respect from being respectful. They do not have to shout to be heard and own what they say by using 'personal' statements.



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Personal Statements:

- Encourage the speaker to take responsibility for their feelings
- Help the speaker avoid blaming others
- Are a useful way to open a conversation
- Can be planned before they are delivered
- Are a less threatening way to assertively confront someone about an issue that is bothering them without the use of inflammatory language.
- Can/will open up possibilities you may not yet see
- Help the speaker to think about how they would like the situation to be different and
- Inform the listener how they can change the situation.

(Speaker-parent, listener-child)



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Even if the situation may not look any different after a well delivered personal statement, it often feels different and that on its own can change things



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

When can a personal statement be used?

- When we need to speak to someone about their behaviour
- When we feel others are not treating us as we feel we deserve to be treated
- When we feel defensive or angry
- When others are angry with us
- To deliver a praise statement



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

What does a successfully delivered
'personal' statement look like?

Personal statement: **I feel**

(insert your feeling word)

Personal statement: **When**

(say what happened; what caused the feeling)

Personal statement: **Because**

(tell the listener why it upset or pleased you)

Personal statement: **I would like**

(tell them what you want to happen or change)



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

- Personal statement:
- I feel put down and hurt
- Personal statement:
- When I'm sworn at
- Personal statement:
- Because I'd like not to be spoken to in that way
- Personal statement:
- I would like to be treated with more respect



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

- Personal statement:
- I feel scared
- Personal statement:
- When I'm threatened
- Personal statement:
- Because I don't deserve to be treated like that
- Personal statement:
- I would like to go to my bedroom and not be followed



Stay clear of 'you' messages

- If a personal statement contains a disguised 'you' message it can cause a problem and make conflict more difficult to resolve.
- 'You' messages can lead to the listener (child) becoming defensive or angry and communication can quickly break down and escalate towards that raging volcano.
- 'You' messages tend to be critical and apportion blame back onto the listener (child)... so rather than focus on accusing the listener (child), focus on how you are feeling and your discussion will be far more successful



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Example of alternative to 'you' message

- Personal statement: **I feel** upset
- **You message** *I feel upset*
- Personal statement: **When** I am shouted at
- **You message** *When you shout at me*
- Personal statement: **Because** it makes me anxious
- **You message** *you know it makes me anxious*
- Personal statement: **I would like** to have 10 minutes to calm myself then we can talk
- **You message** *I would like to have 10 minutes to calm myself then we can talk*



Example of alternative to 'you' message

- Personal statement: **I feel** irritated
- **You message** *I feel irritated*
- Personal statement: **When** I find wet towels on the floor
- **You message** *When you leave wet towels on the floor*
- Personal statement: **Because** the towel rail is heated and towels would dry ready for next time.
- **You message** *Because You don't give a thought for the carpets/the next person to use a towel*
- Personal statement: **I would like** them to be hung up.
- **You message** *I would like them hung up*



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Disguised 'you' messages

Another way of disguising a 'you' message is when the speaker uses the word 'you' after saying I feel-

ie: I feel like **you** don't love me/care about me.

Once again this will lead to a breakdown in communication.



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Scenario

Your child is in their bedroom playing on their laptop and looking at YouTube.

They know the laptop has to be turned off at 9.00pm and they have to be ready to go to bed.

You go back at 9.15pm and the laptop is still on





THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Over to you

Practice delivering personal statements ...

With the card





Example

- Personal statement: **I feel** really pleased
- Personal statement: **When** I think about how successful the 'personal' messages are going to be
- Personal statement: **Because** I know how much difference they can make to connecting people and helping them rebuild trust and co-operation.
- Personal statement: **I would** like to wish you success in creating healthier, more open, honest relationships. (yes I know I have used you here but as a praise word)
- **Learning how to deliver a successful personal statement is an important skill that you can use in all aspects of your life.**



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

What gets in the way...

- 24 hours = 1440 minutes
- 10 hours = 600 minutes
- 600 minutes x 7 days = 4200 minutes

How much time do you spend in a day.....?

On the phone? Watching TV? Using technology? Laughing? Sleeping?
Exercising? Breakfast? Lunch? Dinner?

Interesting fact:

Teenagers multi task and squeeze more minutes of media activity into a shorter time by using the fast forward button

And

They watch less TV but more You Tube



THE BRAKENHALE SCHOOL

High Expectations and Challenge for All

Home Challenge

Aim to spend up to an hour this week with your teenager.

- To start with this can be in short periods
- Your teenager picks what you do (it does not have to cost any money) and your role is to just be with them.