

# GROW UP! IT

Competences and framework for social system youth workers.



Erasmus+

TIC TAC

# Individual work cards



Powiatowe Centrum  
Pomocy Rodzinie  
w Oświęcimiu



UK - Butterflies LTD



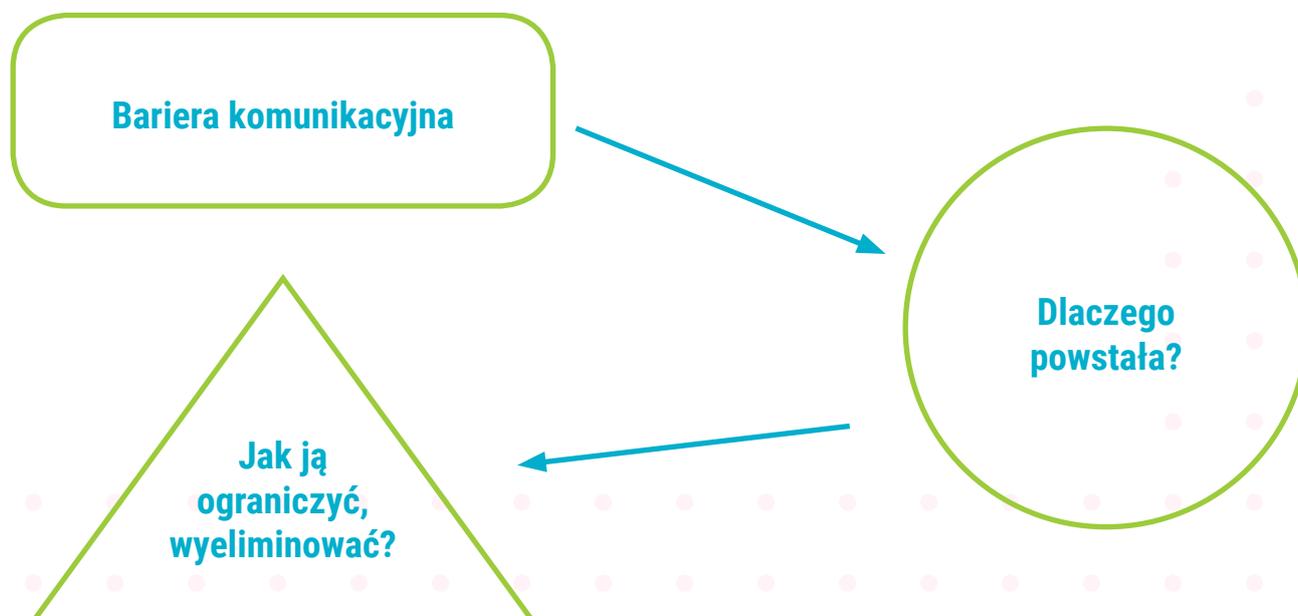
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## INDIVIDUAL WORK CARD NO 1

### Communication barriers

Some ways of expression cause difficulties in communication, they bring harm to mutual relations, they evoke negative feelings. Communication may be adversely affected by so-called communication barriers. They can cause the interlocutor to withdraw from the conversation, feel lonely, take a defensive attitude, be passive or aggressive. Communication barriers make the other person not want to express their thoughts, needs or do it in an incompetent way.

**Identify your communication barriers in the relationship YOU - ADULT.  
Think about what causes them and how they can be eliminated.**



CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 2

We are building bridges, destroying obstacles to communication. Answer a few questions about communication between youth and adults. Use your own experience.

What makes it difficult for an Adult to communicate with the Young?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

What makes it difficult for the Younger to communicate with the Adult?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 3

What qualities of an Adult will make it easier for the Younger to communicate with him?

- .....
- .....
- .....
- .....

What qualities of the Younger will make it easier for an adult to communicate with him or her?

- .....
- .....
- .....
- .....

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 4

Communication barriers in the Adult - Young relationship. Match the sentence and determine the emotions accompanying the situation to these communication barriers.

Bariera	Zdanie	Emocje
Krytykowanie		
Obrażanie		
Groźenie		
Pouczanie		
Zniechęcanie		
Umoralnianie		
Robienie wyrzutów		
Ośmieszanie		

### CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD NO 6

From the following nouns, select 5 qualities that an Adult should have in order to communicate well with the Youth. Justify each of the qualities. You can add the missing traits.

### Example:

Listening, because he will want and know how to listen to what the young people want to say to him

ODPOWIEDZIALNY	WESOŁY	PREZBACZAJĄCY	AKTYWNY
UWAŻNY	SZCZĘŚLIWY	WOLNY	PRZYSTOSOWANY
DYNAMICZNY	RADOSNY	KRYTYCZNY	ZAANGAŻOWANY
WRAŻLIWY	TWÓRCZY	KOMUNIKATYWNY	UCZUCIOWY
PRZYJACIELSKI	ROZMOWNY	WRAŻLIWY	DELIKATNY
BYSTRY	SŁUCHAJĄCY	ZRÓWNOWAŻONY	TOLERANCYJNY
PRZYMILNY	UŚMIECHNIĘTY	WYSPORTOWANY	MĄDRY
RUCHLIWY	WYROZUMIAŁY	AKCEPTUJĄCY	PRZEWODZĄCY
LOGICZNY	ANALITYCZNY	KOJARZĄCY	NIEZALEŻNY
OTWARTY	TOWARZYSKI	DOWCIPNY	EKSPRESYJNY
CZUŁY	RODZINNY	KOOPERUJĄCY	KIERUJĄCY
ELEGANCKI	ŚMIAŁY	INICJUJĄCY	UPRZEJMY
POWŚCIĄGLIWY	WYRAŻNY	ROZUMIEJĄCY	OSTROŻNY
PRACOWITY	SUMIENNY	SWOBODNY	SZYBKI
AMBITNY	ZDECYDOWANY	BOJOWY	UFNY
OSZCZĘDNY	SPRYTNY	HONOROWY	CIEKAWY
SPOKOJNY	OPIEKUŃCZY	ŻYCZLIWY	SILNY
ZDROWY	WYTRZYMAŁY	GRZECZNY	POGODNY
REALISTYCZNY	WIERNY	WNIKLIWY	RÓWNY
RZECZOWY	RZETELNY		

Justify your choices

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 7

List the problems / communication barriers you encounter most often when dealing with adults.


CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 8

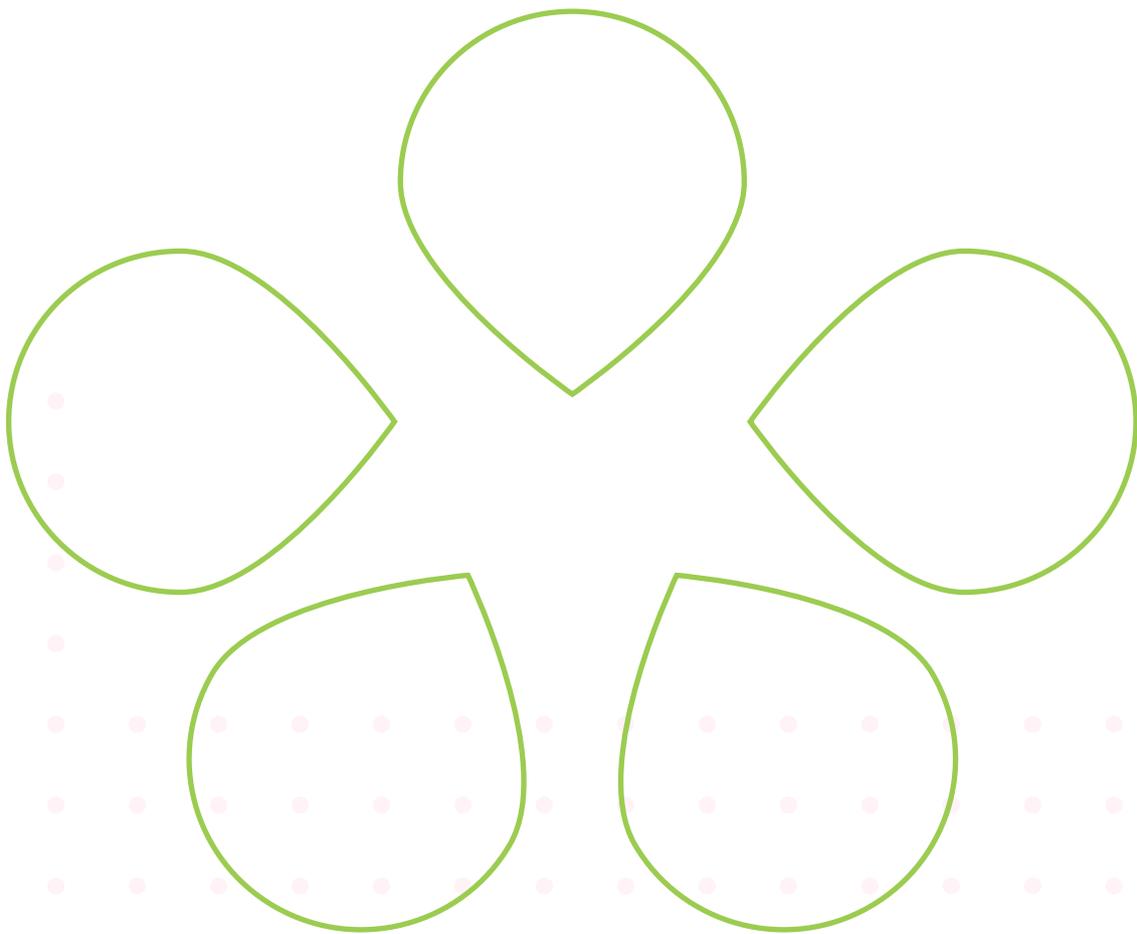
Name the emotions of the Adults and Children shown in the illustrations.



### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 9

My communication mistakes. Think about what you're doing. What's stopping you from communicating. Then think about what you can do, not to make mistakes in communication.



### CONCLUSIONS AND COMMENTS

A large, empty rounded rectangular box with a green border, intended for writing conclusions and comments.

## INDIVIDUAL WORK CARD NO 10

An assertive attitude in communication allows you to be honest not only with others, but with yourself.

You are assertive when you respect your own rights as well as those of others, you respect yourself and others, you are neither dominant nor dependent - you work with a person who is as important to you as you are when you say: "This is how I think and this is how I feel, but I am interested in what your opinion is, together we will come up with something". Check if you are assertive. With each sentence, answer yes or no.

- 1.If someone insists I can hardly refuse.
- 2.Someone who bothers me doesn't ask me to stop.
- 3.If someone wrongly blames me, I do not protest.
- 4.I often feel hurt.
- 5.I don't know how to ask for my own
- 6.I don't know how to claim back a loaned thing.
- 7.Sometimes I feel used.
- 8.I find it hard to start talking to someone I don't know well.
- 9.If someone praises me, I feel embarrassed and don't know what to say.
- 10.I can't praise others.
- 11.I don't know how to behave when I am criticized.
- 12.I can't ask for help.
- 13.I can't be completely honest.
- 14.I don't know what to do when I'm embarrassed.
15. I can't defend my opinion.
- 16.I get angry when someone has a different opinion from me.
- 17.I feel a strong nervousness when I have to speak out in public.
- 18.I often give in to others.
- 19.I am very aggressive.
- 20.Sometimes I shout and force my requests to be fulfilled.

If you give more than 10 affirmative answers, you have problems with assertiveness.

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 11

Active listening is about giving signals to the interlocutor that we are interested in his speech. We can do this by means of a paraphrase, i.e. a repetition of the information that the interlocutor gave us in a slightly modified form. We can start with statements such as: "I heard that...", "you said that...", I understand that..."

Paraphrase the following sentences so that the author can be sure that you understand them.

1. I don't know what to do. I promised my friend that I would help her with her homework after class, and here someone I really like invited me to the cinema.

.....

2. I'm very pleased. I passed the math test, and I was convinced that I would fail it as usual.

.....

3. Every time I told my mom to stop smoking, she gets mad at me. I'm worried because she coughs all the time. What do you think I should do?

.....

4. My beloved hamster died yesterday. Every time I look at an empty cage standing in my room, I can't accept it.

.....

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 12

### Relaxation

Like yourself

Do something good for yourself so that you can work with confidence and joy. During this short experiment you can learn to like yourself more. If we accept ourselves, then everything in life is easier. We can be more friendly with others if we treat ourselves with friendship and love. Sit down or lie down comfortably (about 10 seconds). Close your eyes. Feel all body parts that come into contact with the floor. Relax all muscles. You don't have to do anything, the floor carries you and makes you feel safe. Now place your right hand slightly below your navel (about 15 seconds). Now put your left hand on your bellybutton. You've probably been angry with yourself before, and you've been thinking to yourself, "I can't do this, I'm stupid; I'll never do this". Even if you did, now you can forgive yourself for being so unpleasant to yourself. Now tell yourself that you like and love each other.

Start loving everything that's under your right hand. Focus now on making friends with everything under your left hand. Now touch other places on your body and let the feeling of love fill you. Remember how nice it is to love yourself. I will now count from 10 to 1. When I get to 1, you will open your eyes and be refreshed and full of strength. (H. Hamer" The key to effective teaching")

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 13

### Relaxation

I am calm and confident

Sit down comfortably, put your hands on your thighs, relax your arms (about 10 seconds). Close your eyes. Imagine you are walking through a beautiful, quiet area. You see green meadows and calm grazing sheep. You come to the lake. You see a bench on the very shore. You sit on it and listen to the splash of water. You sit on it and listen to the splash of water. You sit in this quiet place and the peace of the surroundings is given to you. You feel the peace around you and within yourself. You say to yourself, "I'm completely calm." (about 30 seconds). You sit on the bench, completely calm and relaxed. You think about learning, hobbies, activities that make you happy. You think about what you're doing really well. You know you're really good at it. It feels great when something goes well. Now bend your hands, stretch them out, breathe deeply. Open your eyes. You're calm now and you believe in yourself. (H. Teml, "Relax in teaching.")

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 14

### Relaxation

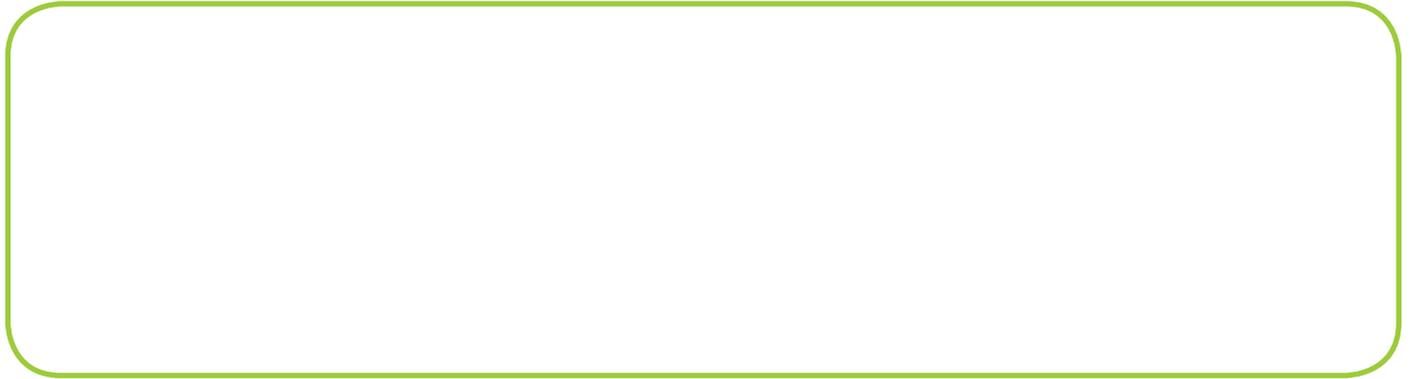
Dealing with stress

Learn how to deal with stress. In this exercise you will be able to blow out your worries, troubles, fear, uncertainty and breathe confidence and trust. Stand in your place in a wide range. Wrap your fists around your hands and put your mouth forward. Blow out the air strongly. Try (about 10 seconds). Imagine that this exhalation can blow all the stress, uncertainty out of you. Anything that bothers you, makes you angry, anything you don't like, can be blown out of you by this stream of air. It is important that you engage physical and spiritual forces to blow the problems out of yourself. Concentrate on that now. Uncertainty, doubt and loss throw a strong stream of air out of yourself (about 20 seconds). Imagine that inhalation brings new strength and power to you. Surety, joy and trust grow within you. Focus on the fact that inhalation brings you new strength and energy, and that exhalation brings out all your problems and worries. (H. Hamer" The Key to Learning Efficiency")

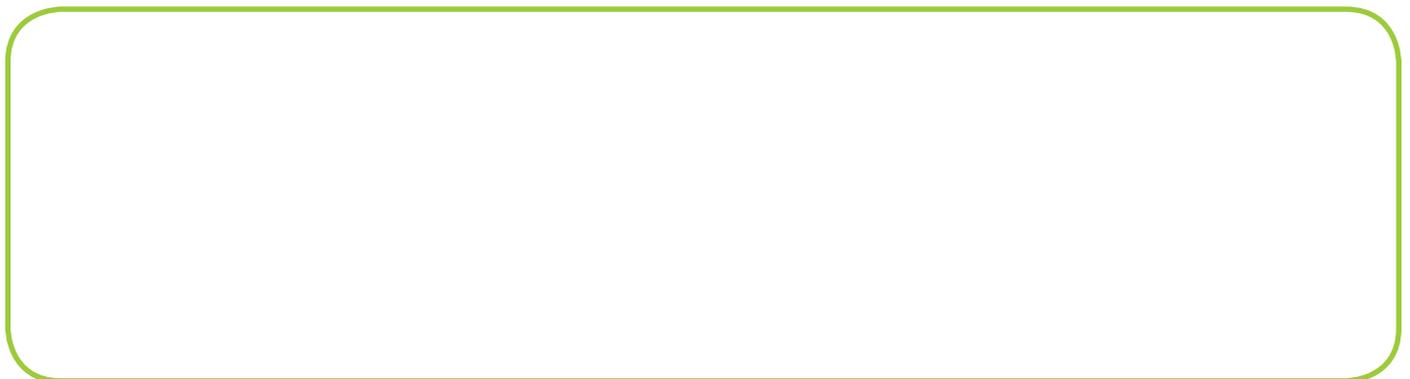
CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD NO 15

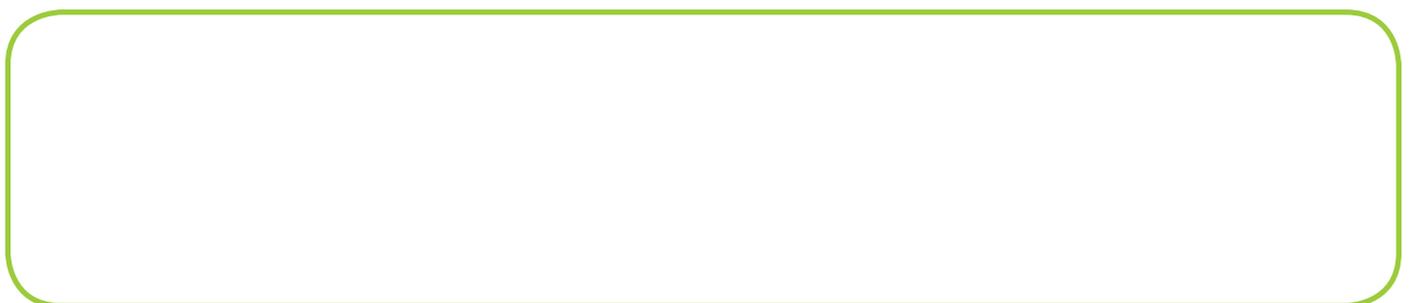
What is communication between people to you?



How should good communication go?



CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD No. 16

Replace, what can disrupt communication?

List several effects of incorrect communication

List some advantages of proper communication

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 17

Write down your positive and negative beliefs about the Web. Think about which beliefs are easier to identify? Which beliefs dominate you? Why do you think Try to compare your beliefs about the Web with facts.

My positive beliefs	What are the facts?	My negative beliefs	What are the facts?
in web i can meet only friendly people	i did several times meet a person which wasnt honest with me	in web we can't trust nobody	I have made a real friendship

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 18

Describe your own or known dangerous situation on the web related to cyberbullying

- .....
- .....
- .....
- .....
- .....

Circle what form cyberbullying took:

- Vulnerability o Intimidation
- Blog hacking / profile / email account o Theft
- Impersonating another person. o Harassment
- Manipulation
- Another (which one?).....

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 19

What could culprit feel?

- 
- 

What do you think why he used cyberbullying?

- 
- 

What does the victim feel?

- 
- 

What advice will you give to a victim of cyberbullying that appeared in the situation?

- 
- 

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 20

Check if you follow the basic rules for safe use of the network. Select the rules you follow.

- If I am not sure who I am talking to, I do not provide information about myself.
- I don't disclose my login passwords to anyone.
- I am putting together difficult to guess login passwords.
- I do not allow the browser to remember e-mail and website passwords.
- After finishing using the e-mail services - I will draw randomly.
- I care about the appropriate privacy setting on social networking sites.
- I make little private information available to bystanders.
- I avoid publishing information about myself on the web.
- He uses a nickname / nickname on discussion forums or blogs.
- I do not use the option of automatic marking in public places.
- I watch what I agree to on the web.
- If I don't know how to proceed on the web, I am asking for advice from an adult, a person whom I trust.

### Results

10-12 You follow the rules of online security. Congratulations!

9-7 You don't always follow the online security rules. Learn the secrets of security and take care of your interests also in the virtual world.

6-0 Complying with online security is not your strong point. Familiarize yourself with them and apply in virtual space.

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 21

Create your own code of rules for using the web (mail, blog, social networking sites). Include rules that you already follow and those that you think you should apply.

### My code for safe internet use



### CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD No. 22

Now think about a person who only knows you in the virtual world. Think about what image you created in contact with this person. How are you in personal contacts and how are you in contacts in the virtual world? Do you find a difference in your behavior, conversation, problem solving, rating others, expressing opinions? In which world are you more open, direct, honest, TRUE?

ME in real world uncommunicative	ME in virtual world communicative

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 23

Which of your features occurring only in the virtual world would you like to develop in reality? Which one would you like to eliminate?

Why?

What is the difference between your image in the real world and the one in the virtual world?

What are these differences about?

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 24

Plan a day without internet. Spend it doing nice things.

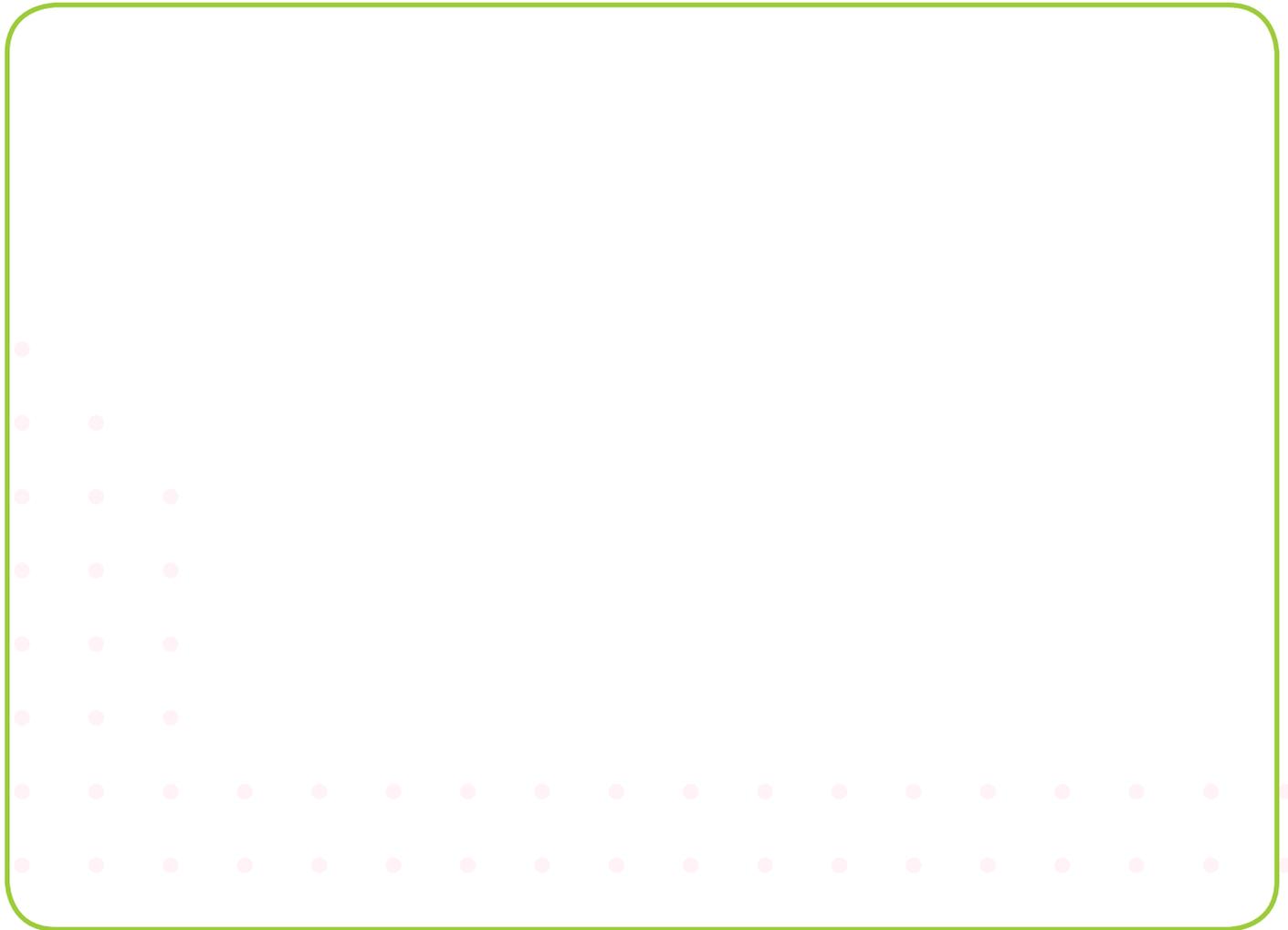
Then try to answer the questions. How often do I spend a day without Internet?

Did I miss the internet today? In what situations? What did I want to do?

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 25

Describe how you spent the best day in your life - only the one in the Real World



CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD No. 26

Recall in your memory the day you did not use the Internet. What emotions does it arouse in you?

How many hours did you gain because you gave up using the Internet?

Which of my activities today would not have happened if I had not celebrated a Day without Internet?

### CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD No. 27

Was Day Without Internet a great challenge for me?

Will I retake it?

Why?

CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 28

Look at the following example comments on the web. You can also add your social network received. Think that they concern you. So are they touching you? Specify the feeling that would accompany you if you read such a comment on your subject and express your opinion on whether or not the comment has nature

**(P) positive, (N) negative, (F) fearless.**

Mark the red ones that you think are hate speech

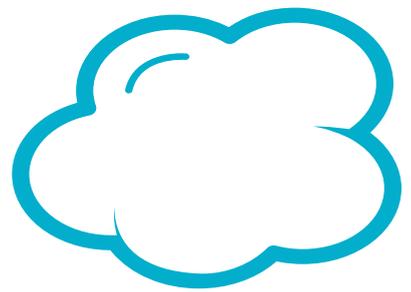
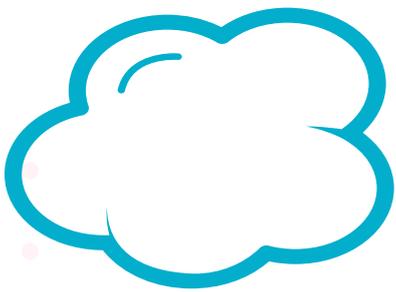
Comment	P	O	N	What I feel?
I have no words for this girl.				
You are a good actress.				
You act like you have emotional problems.				
Master.				
I have a burp of you				
False pig.				
Don't write to me man.				
It's nice to read what you wrote.				
I don't want to have such a fake friend.				
Thank You,that You are here				
You always makes me laugh.				

### CONCLUSIONS AND COMMENTS

## INDIVIDUAL WORK CARD No. 29

Hater is a person who offends other people on the network. What advice would you give to the hater to try to change his behavior?

### Hater instead of Hating:



### CONCLUSIONS AND COMMENTS



## INDIVIDUAL WORK CARD No. 30

Balance of strengths and weaknesses - summary. Self-evaluation is giving a note to Yourself  
Balance of strengths and weaknesses - start with insight into yourself, i.e. by thinking about a few things and writing down your answers:

What were the biggest successes in your life in the real world?

What qualities of your personality have made it possible to achieve these successes in the real world?

What motivates you to act in the real world?

CONCLUSIONS AND COMMENTS