

## COMMUNICATION (AGES 12-18)

**Directions:** Select the answer that best corresponds to how often you did what is described in the last 30 days. For example, if you select 4 for a statement that means you always do what is described in the statement.

#	Item	0	1	2	3	4
		Never	Rarely	Sometimes	Often	Always
1.	I use my tone of voice to reinforce what I am trying to say.					
2.	I don't hear everything a person is saying, because I am thinking about what I want to say.					
3.	When talking to someone, I try to maintain eye contact.					
4.	My body language reinforces what I am trying to say.					
5.	I interrupt other people to say what I want to say before I forget it.					
6.	I recognize when two people are trying to say the same thing, but in different ways.					
7.	I try to watch other people's body language to help me trying to say.					
8.	I recognize when people are using their hands to reinforce what they are saying.					
9.	I recognize when a person is listening to me, but not hearing what I am saying.					
10.	I use my own experiences to let my friends know that I understand what they are going through.					
11.	When I am listening to someone, I try to understand what they are feeling.					

#	Item	0	1	2	3	4
		Never	Rarely	Sometimes	Often	Always
12.	I try to see the other person's point of view.					
13.	I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.).					
14.	I try to respond to what someone is saying, rather than just reacting to their tone of voice.					
15.	To help a person understand me, I change the way I speak based on how the other person is talking to me.					
16.	I find it easy to get my point across.					
17.	I use my hands to illustrate what I am trying to say.					
18.	I organize thoughts in my head before speaking.					
19.	I use body language to help reinforce what I want to say.					
20.	I make sure I understand what another person is saying before I respond.					
21.	I rephrase what another person said, to make sure that I understood them.					
22.	When someone gets mad, I change my tone of voice to help calm them down.					
23.	I find ways to redirect the conversation when people rattle on and on.					

Replicates the Communication Scale from the Youth Life Skills Evaluation Project  
(Barkman, S. & Machtmes, K., 2002).