**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.

<table>
<thead>
<tr>
<th>#</th>
<th>Item</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Never</td>
<td>Rarely</td>
<td>Sometimes</td>
<td>Often</td>
<td>Always</td>
</tr>
<tr>
<td>1.</td>
<td>I use my tone of voice to reinforce what I am trying to say.</td>
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<tr>
<td>2.</td>
<td>I don’t hear everything a person is saying, because I am thinking about what I want to say.</td>
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<td>3.</td>
<td>When talking to someone, I try to maintain eye contact.</td>
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<td>4.</td>
<td>My body language reinforces what I am trying to say.</td>
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<td>5.</td>
<td>I interrupt other people to say what I want to say before I forget it.</td>
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<td>6.</td>
<td>I recognize when two people are trying to say the same thing, but in different ways.</td>
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<td>7.</td>
<td>I try to watch other people’s body language to help me trying to say.</td>
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<td>8.</td>
<td>I recognize when people are using their hands to reinforce what they are saying.</td>
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<td>9.</td>
<td>I recognize when a person is listening to me, but not hearing what I am saying.</td>
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<td>10.</td>
<td>I use my own experiences to let my friends know that I understand what they are going through.</td>
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<td>11.</td>
<td>When I am listening to someone, I try to understand what they are feeling.</td>
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<td>Item</td>
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<tr>
<td>12</td>
<td>I try to see the other person’s point of view.</td>
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<tr>
<td>13</td>
<td>I change the way I talk to someone based on my relationship with them (i.e., friend, parent, teacher, etc.).</td>
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<td>14</td>
<td>I try to respond to what someone is saying, rather than just reacting to their tone of voice.</td>
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<td>15</td>
<td>To help a person understand me, I change the way I speak based on how the other person is talking to me.</td>
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<td>16</td>
<td>I find it easy to get my point across.</td>
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<tr>
<td>17</td>
<td>I use my hands to illustrate what I am trying to say.</td>
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<td>18</td>
<td>I organize thoughts in my head before speaking.</td>
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<tr>
<td>19</td>
<td>I use body language to help reinforce what I want to say.</td>
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<tr>
<td>20</td>
<td>I make sure I understand what another person is saying before I respond.</td>
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<tr>
<td>21</td>
<td>I rephrase what another person said, to make sure that I understood them.</td>
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<tr>
<td>22</td>
<td>When someone gets mad, I change my tone of voice to help calm them down.</td>
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<td>23</td>
<td>I find ways to redirect the conversation when people rattle on and on.</td>
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</tbody>
</table>

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