

ARCH Day: Speak to succeed

Silent Start: Speak to succeed

A quick Google search about using speech to succeed will bring up several articles on manners, or rather, the UK's lack of them. It would seem that in recent years, spoken manners have fallen from people's priority list. Additionally, people are more likely to be aggressive, rude or swear. These changes are not helpful and can ultimately damage our chances of employment (as we struggle to shake bad habits), make relationships difficult (no one likes aggressive people) and sometimes, our own words or the words of other can lower or self esteem. At THS, we want our speech to line up with our ARCH values so that you can be more successful in the future.

In recent years, what are people more likely to show in their speaking?

What problems can be caused by a lack of manners in your speech?

Give other examples of poor speech.



Challenge: Are there any times when you have chosen your speech poorly? What consequences did it have?

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In recent years, what are people more likely to show in their speaking?

Recently, people have become more likely to swear casually, be aggressive and rude (according to a number of news sources).

What problems can be caused by a lack of manners in your speech?

A lack of good manners can make you less employable, lower the self-esteem of others and yourself as well as making relationships harder to maintain.

Give other examples of poor speech.

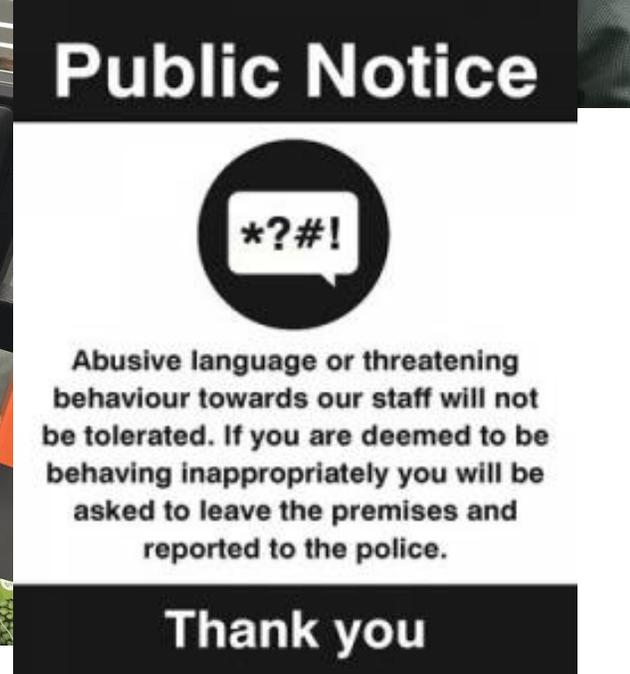
Insulting or mocking others/ lying/ failing to greet others (such as saying 'good morning')/ blanking someone.



Discuss: What do these images suggest about how the public have been using speech during the pandemic?

Why is this not fair?

How would it make people feel?



Aggressive speech



Consider how aggressive speech makes people feel.

What are the effects of aggressive speech?

What is aggressive speech?

How might aggressive speech make people feel?

What are the other effects of aggressive speech?

Complete the questions in your ARCH booklet.

<https://www.youtube.com/watch?v=4L5ssX1gU9Y>

Knowledge check

What is aggressive speech?

Speech that uses of words or gestures to cause psychological harm. It threatens, intimidates and does not consider others.

How might aggressive speech make people feel?

It can make people feel anxious, worried and intimidated.

What are the other effects of aggressive speech?

It can cause people to be off work (due to stress and anxiety) which puts more pressure on staff and those they serve.

Additionally, people don't want to have friends who speak aggressively and make them feel uncomfortable.

Consider: Have you been aggressive in your speech?

Could you have acted differently?

How would this have improved the situation?

What can you do so you don't lose your temper and become rude to others?

- Think before you speak
- Count to ten, then speak politely
- Take deep breaths before speaking
- Think about what the consequences will be if you are rude



Discuss:

If there is a group of students on the bus or in a shop/ public place using foul language, **what issues might be caused?**

What is the problem with swearing?

Knowledge check

List reasons why swearing is a problem.

It gives the impression you don't have command of a developed vocabulary.

It can become a habit that you can't control (meaning it could 'pop' out at a job interview or other inappropriate time).

It can be unpleasant, offensive and intimidating to others and can make them feel unsafe.

It shows a lack of self-control.

Consider: Why do you think swearing is more commonplace in society today despite its negative effects?



Discuss: Is it ever ok to lie?



Consider: What are the problems with lying?

How can it affect your relationships with others?

Knowledge check

What are the problems with lying?

It means that friends won't trust you which reduces the chance of success for your friendship lasting. It can cause arguments.

Other significant people in your life won't invest in you- e.g. romantic partner- if you can't tell the truth, how can you have kids, share a mortgage and finance?

No one wants to employ someone who lies.

Some lies can be criminal (fraud). Lying is a slippery slope.

LIES!

Why do manners matter?



Consider- how are your manners?

Are you often rude?

Could you give examples?

https://www.youtube.com/watch?v=xOel_ENn0NI

Task

BODILY FUNCTIONS



Don't talk about bodily functions! Speaking about your bodily functions in public makes others feel uncomfortable. When you make people feel uncomfortable they are more likely to avoid you and less likely to help you!

Don't insult or mock people. This can hurt their feelings and harm their self-esteem. It can damage their future. You might also regret it later.

THANK YOU
I'M SORRY
PLEASE
EXCUSE ME

Saying please and thank you. Saying please and thank you show you are a respectful person who acknowledges others. This positive impression will make people see you in a positive light.



Don't spread rumors- If you intentionally spread lies about people, you harm your relationships and other people will ultimately want to keep away from you (you are not trustworthy).



Greet people! Saying 'good morning' or 'how are you today' are help people feel positive. It shows others that you care.



Using your voice to stand up for others. This shows care and loyalty to other people. It's a great quality in a friend.



Don't speak about things you know nothing about- Too many people 'blabber' on about things they have no idea about. Don't give an 'expert opinion' if you are misinformed.

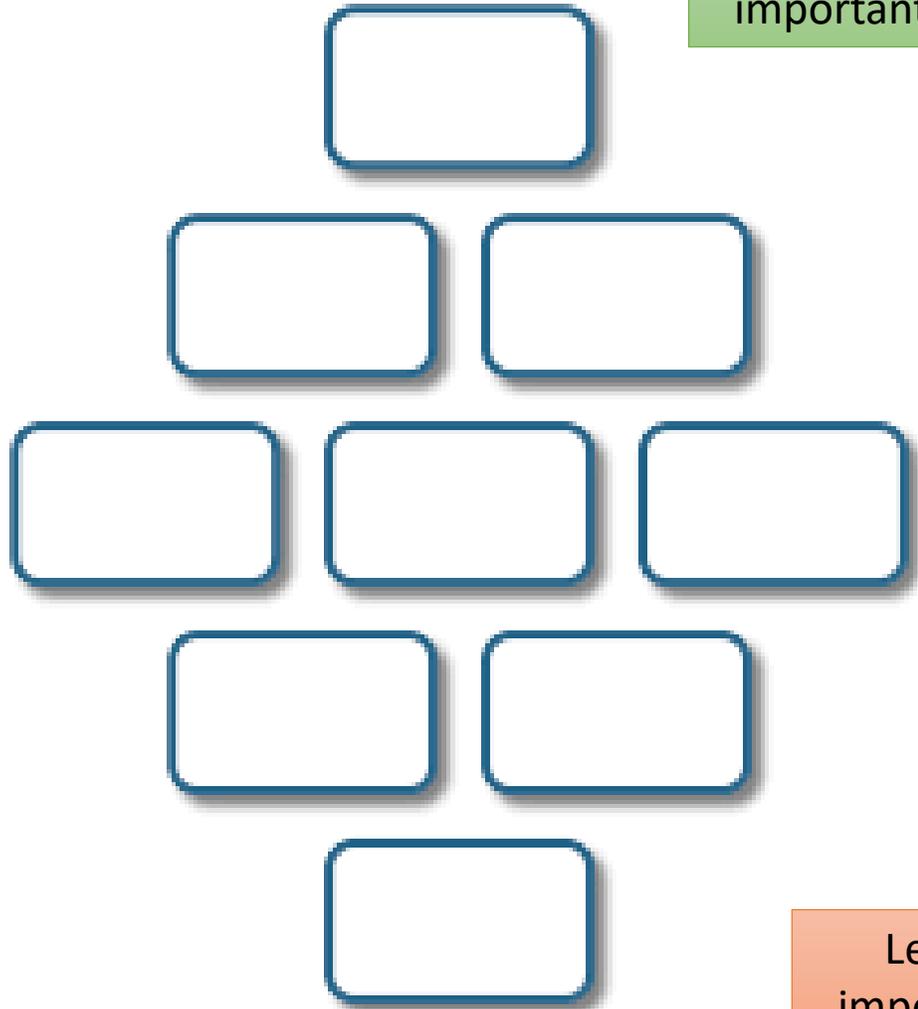


Answering the phone politely. Answering the phone politely by saying 'may I ask who's calling' rather than 'who is this' sounds less hostile and will make the caller feel more comfortable. You never know who is calling!



Don't talk over others or ignore them Listening carefully to others (even if you don't agree) shows you care about their thoughts and views. It shows you value them. This means they will be positive in their interaction with you.

Most important



Least important

Read through the different examples of speech.

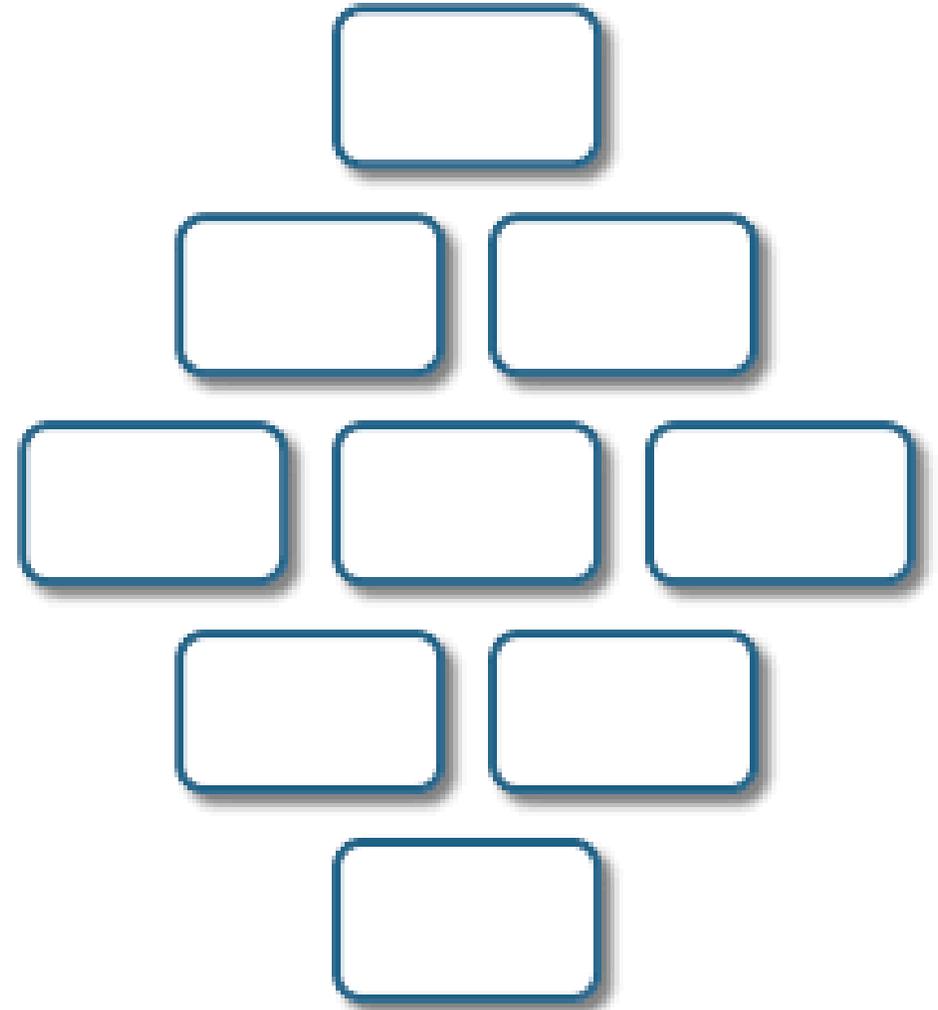
Add them into your diamond 9 (which will rank them).

You will need to be ready to share your reasoning with the group.

Challenge: What other examples could be added that are not on the sheet? Add them in another color to your diagram.

What did you place at the top? Why?

What did you place at the bottom? Why?



The power of words

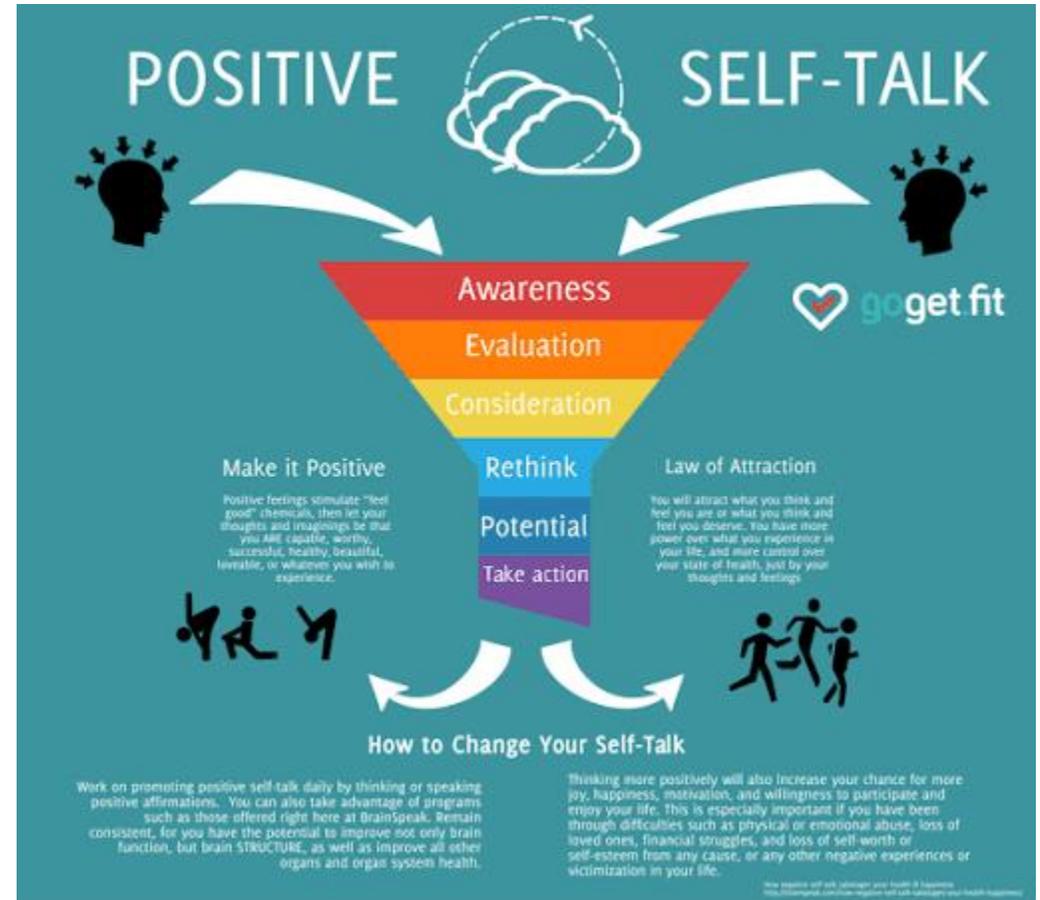
What you say about yourself and others can bring about a reality.

If you use words to bring yourself down or others down, they will be brought down.

If you use words to raise yourself and others up, you will lift yourself up.

Words become reality!

<https://www.youtube.com/watch?v=HLIzxfqxOi8>



What should be the consequences for people who don't use ARCH Speech?



Consider what Biden announced when he came into office.

Do you agree with his approach?

Do you think we are doing the right things about it in school?

What else could we do?

Further tips for excellent communication.

- **Actively listen** to the speaker
 - Make eye contact and turn your body towards the speaker
 - Focus on what the person is saying (don't think about other things)
 - Show interest in what you're hearing by using nonverbal cues, such as nodding or facial reactions
 - Use a friendly tone
- **Take turns speaking**, waiting until the speaker is done before responding
- **Respond in a respectful and positive manner**, whether you are agreeing or disagreeing with what was said

Do you do these things when you communicate with others?



Before you speak...

THINK

T = Is it TRUE?

H = Is it HELPFUL?

I = Is it INSPIRING?

N = Is it NECESSARY?

K = Is it KIND?

You should only speak if your words pass the THINK test. What does THINK mean?

If I say something it should be:
True, helpful, inspiring, necessary and kind.

If it's not- don't say it!

What changes do you need to make to your speech?

Gift of the gab!

You will now be challenged to speak about the learning from the lesson.

You must:

Speak continuously (for as long as you can) without hesitating or using filler words (like ummm or errrr).

- Examples of good/positive speech
- Examples of poor speech
- Negative and positive effects of speech
- Top tips for speech



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Keep your speech ARCH!

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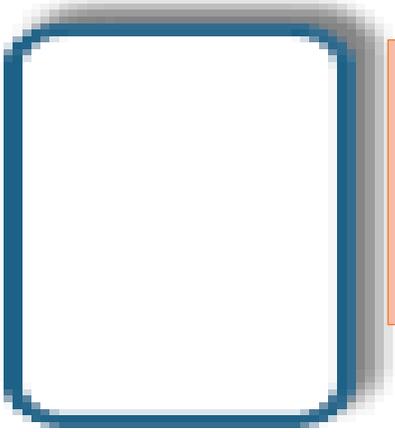
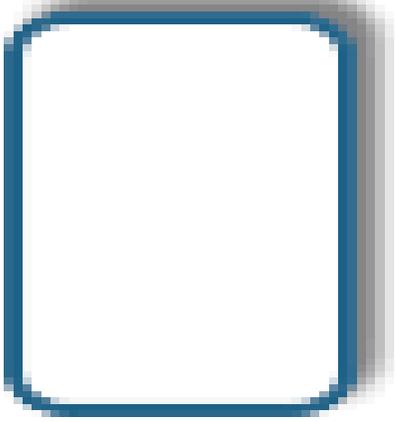
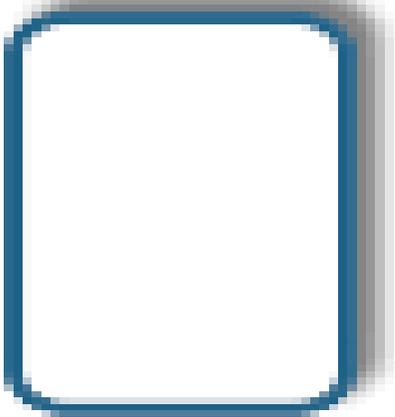
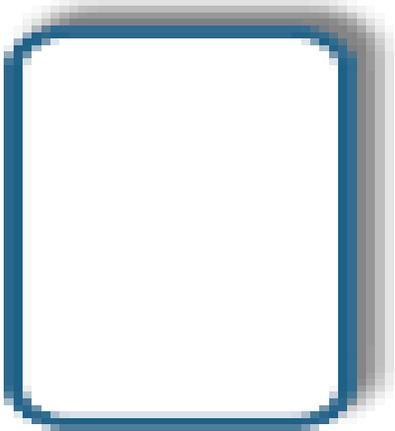
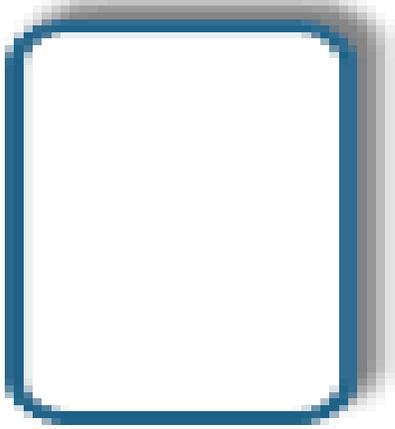
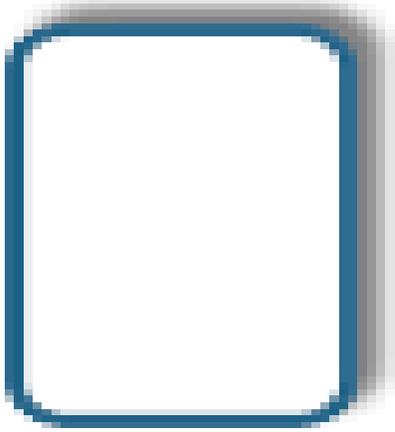
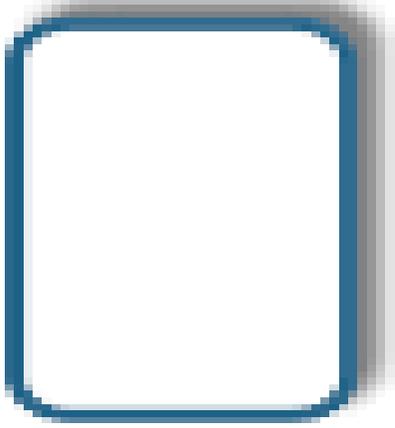
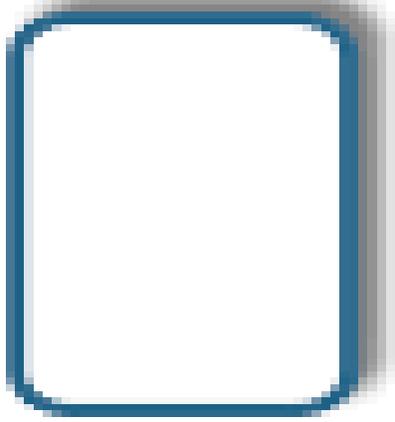
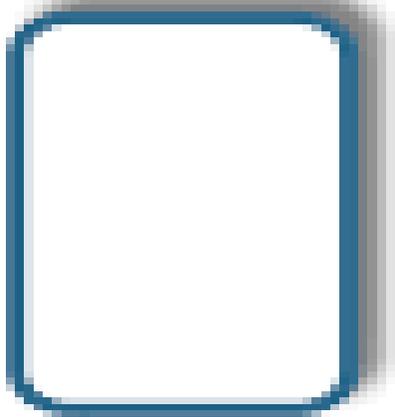
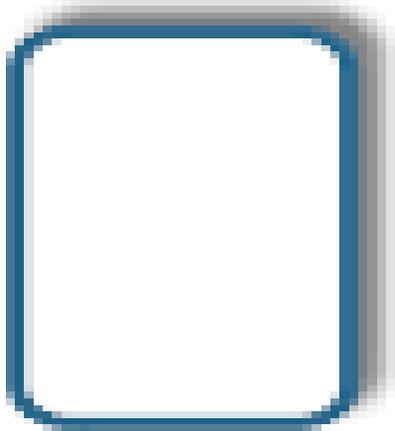
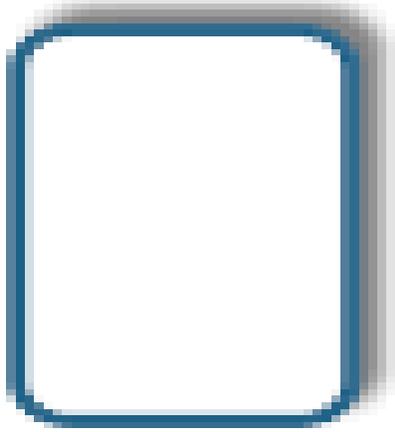
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