

Title of session: **How to communicate with family and friends**

This episode discusses communication skills: how to communicate with one another, how to express feelings and emotions.

Length of recording: t.b.c.

Scene 1: A group of girls talking

Actors: Ami, Kadi, Joy and Mati (school girls)

Scene 2: A school girl talking to her mother about communication

Actors: Kadi (school girl), Mother

Scene 1

Sfx: Talking, laughter and footsteps (girls walking home from school)

Kadi: *Joy, Mati... wetin mek una no de waka wit Ami en mi fo go om?*

Joy, Mati... why don't you walk home with Ami and me?

Mati: *Yes, le wi go.* Yes, let's go.

Joy: *Kadi yu enjoy di Mats lesin tide?* Kadi, did you enjoy the Math lesson today?

Kadi: *Yes, a enjoy am.* Yes, I did.

Joy: *Mi sef.* Me too.

Ami: *Di topik bin gud bot di ticha bin tu fas fo mi, sɔntin den bin de we at fo ɔndastand. A get fo tek tem chek mi not dem en sɔntem sef aks di ticha tu tri kweshɔn neks tem.*

The topic was good but the teacher was a little fast for me, some things were hard to understand. I need to check my notes carefully, and maybe ask the teacher a few questions next time.

Kadi: *Dat na gud aydiya, Ami. Wi fo olwez de mek di ticha no wen wi no ɔndastand gud.*

That is a good idea, Ami. We should always let the teacher know when we don't understand well.

Ami: *Yes wi no fo shem fo aks kweshɔn atɔl. Wi de ya fo lan.*

Yes, we should never be ashamed about asking questions. We are there to learn.

Mati: (sobbing) *A nɔ lɛk we yu de tɛl mi se a slo...*

I don't like you telling me that I am slow...

Joy: *Na dat mek yu de kray?* Is that why you are crying?

Mati: (Sobbing) *A bin min se yu na mi padi; a nɔ ekspekt yu fɔ tɛl mi tin leke dat...*

I thought you were my friend; I didn't expect you to tell me something like that...

Joy: *O, Mati...* Oh, Mati...

Ami: *Jɔy, yu si, Mati nɔ gladi wit wetin yu se, yu mek i at am. Yu mek i fil bad.*

Joy, you see, Mati is not happy about what you said, you have hurt her. You made her feel bad.

Joy: *A nɔ want lɛ i fil bad! ... E bo a de beg bo! Na mistek a mek den naw a dɔn mek mi padi fil bad. Wetin fɔ du naw?*

I don't want her to feel bad!... I am so sorry! I made a mistake and now my friend is feeling bad because of me. What can I do?

Kadi: *Fɔst- ɔf- ɔl, yu fɔ beg padin.* First of all, you should apologise.

Joy: *Yu rayt Kadi.* You are right, Kadi.

Ami: *Dɛn yu gɛt fɔ tink bɔt sɔntin we go mek i fil betɛ.*

Then you need to think about something that can make her feel better!

Kadi: *Yes dat na gud aydia!* Yes, that's a good idea!

Joy: *Mati du ya a de beg! Du ya fɔgiv mi, a nɔ bin min fɔ mek yu vɛks!*

Mati, I am really sorry! Please, forgive me. I didn't mean to hurt you!

Mati: *So wetin mek yu se a slo? Yu mek a shem bifo Ami ɛn Kadi!*

So why did you say that I am slow? You embarrassed me in front of Ami and Kadi!

Joy: I am sorry. I talked without thinking. It was a very stupid thing to do. Ami and Kadi know you, they know you are a wonderful person, a smart girl and a great friend.

A beg. A jɛs tɔk, a nɔ tink fɔs. Na styupid tin a du. Ami ɛn Kadi dɛn no yu, dɛn no se yu na gud pɔsin, kleva gal ɛn gud gud padi.

Mati: (sobbing) *Fɔ tru?* Really?

Joy: *Ɔf kɔz, ɛn na so mi sef fil bɔt yu. A beg nɔ vɛks pan mi. Yu na mi best padi, du ya fɔgiv mi.*

Of course, and me too. Please, don't be angry with me. You are my best friend. Please, forgive me.

Mati: *Oke, a ɔndastand, yu nɔ bin wan lɛ a vɛks.*

Fine, I understand you didn't want to hurt me.

Joy: *Wi dɔn bi padi bak?* Are we friends again?

Mati: *Yes, joy, wi na padi.* Yes, Joy, we are friends.

Joy: *Tɛnki, a so gladi! Wetin a fɔ du naw fɔ lɛ a mek yu gladi? Lɛ a tink... Unhun, a no wetin!*

Thank you, I am so glad! What can I do to make you happy now? Let me think... mmm, I know!

Mati: *Wetin?* What?

Joy: *A wan gi yu mi breslet, a no se yu lɛk am!*

I want to give you my bracelet, I know you like it!

Mati: *Nɔ O, Nɔ, yu nɔ get fɔ du dat!* Oh no, you don't have to do this!

Joy: *...bɔt a wan gi yu, fɔ shɔ se wi padi stil de!*

...but I want to give it to you, as a symbol of our friendship!

Mati: *Tɛnki! Mi go gi yu mi chen!* Thank you! I will give you my necklace then!

Joy: *Tɛnki Mati!* Thank you Mati!

Sfx: girls laughing

Kadi: *So ɔltin dɔn dɔn naw?* So, is everything fine now, girls?

Mati: *Yes, ɔltin oke.* Yes, it's fine.

Ami: *Yu si Joy? I nɔ at fɔ se yu beg padin.*

You see, Joy? It was not too difficult to say sorry.

Joy: *Yes yu gi mi gud advays! Lɛ wi ɔl stɔdi dis at lɛsin togɛda dis aftanun! Aw una si am?*

Yes, you gave me a good advice! What about studying that difficult lesson all together this afternoon?

Kadi: *Yes! A tink se na gud aydia!* Yes! I think that's a great idea!

Mati: *Yes, le wi ol stɔdi togɛda en ep wisɛf.*
Yes, let's study together and help each other.

Scene 2

SFX: footsteps, door opens and closes

Kadi: *Mama gud aftanun.* Good afternoon, mum.

Mother: *Kadi aw yu du? Aw di skul tide?*
Kadi, how do you do? How was school today?

Kadi: *I nɔ bin bad, di Mats lesin bin at lili bit so a de go stɔdi wit Ami, Joy en Mati leta. Mati nɔ bin ɔndastand am betɛ, so Joy tɛl am se i slo en dat mek i kray.*

It was good, the Math lesson was a bit hard so I am going to study with Ami, Joy and Mati later. Mati did not understand well, so Joy told her she was slow and that made her cry.

Mother: *O ya ! Mati! Wetin mek joy tɛl am sɔntin lek dat? Amin den na gud gud padi.*
Oh! Poor Mati. Why did Joy tell her something like that? I thought they were good friends.

Kadi: *Den na padi yes! Joy tink se yu fɔ tɔk tru to yu padi dem ɔltem. Wi no se Mati de strɔgul wit skul wok sɔmtem bɔt i nɔ fayn atɔl fɔ tɛl am se i slo.*

They are! Joy thought that you should always tell the truth to your friends. We know that Mati struggles in school sometimes, but that's not nice at all to tell her she is slow.

Mother: *Yes. Fɔ tɔk tru na gud tin, bɔt di rayt we de fɔ tɛl pipul den wetin yu fil. I fayn fɔ rɛspekt di we we ɔda pipul den de fil.*

Yes. Telling the truth is right, but there is always a way to tell people things. You always have to respect their feelings.

Kadi: *Wetin yu min?* What do you mean?

Mother: *Wel fɔ tɛl di pikin se i slo nɔ min se na tru i tɔk. Yu fɔ ɔlwez de tink bɔt wetin kin apin we yu se sɔntin. If a tɛl mi padi se i wɔwɔ ɔ i ful ɔ slo a no se i go fil am. Dat na jɛs lekɛ buli! Wetin joy bin fɔdu na fɔ jɛs tɛl Mati se in go ep am wit in skul wok.*

Well, telling a girl that she is slow doesn't mean telling the truth. You should always think about the consequences of what you say. If I tell my friend she is ugly, or stupid, or slow, I know I am going to hurt her. That's not different from bullying! Joy could have simply offered her friend Mati to help her with the lesson.

Kadi: *Yu rayt. Mi nɔ go se sɔntin lɛk dat to Ami ɔ eni pan mi padi dem. Wi tɛl Jɔy se i fɔ beg Mati in padin.*

You are right. I would never say something like that to Ami or any other friend. We told Joy she should tell Mati that she was sorry.

Mother: *Dat gud. Fɔ ɛp yu padi fɔ ɔndastand we i mek mistek na gud tin dat fɔ du...*

That's good. Helping your friend understand her mistake was a good thing to do...

Kadi: *Yes, ɔltin oke naw. A kant sɛt mi mɔt if a de enisay we den de provoke ɔ buli eni pɔsin. Dat nɔ gud atɔl! A nɔ de ɛkspekt Jɔy fɔ du dat!*

Yes, everything is fine now. I cannot stay silent when I see another person teasing or bullying someone, that's not fair! I would have never expected Joy to do something like that!

Mother: *A sho se i nɔ bin min bad. I jɛs nɔ tink gud bifo i tɔk.*

I am sure she did not have bad intentions. She just didn't think enough before talking.

Kadi: *Sɔntɛm wi fɔ aks Misis Fatmata fɔ tich da sem lesin bɔt kɔmyunikeshɔn we i bin gi wi las ia.*

Maybe we should ask Mrs. Fatmata to repeat the lesson on communication she gave us last year.

Mother: *Us lesin?* Which lesson?

Kadi: *Las ia, wi bin get wan Klas pan Kɔmyunikeshɔn. Di lesin bin de bɔt aw fɔ kɔmyuniket wit pipul en aw fɔ se ɔ sho aw wi de fil.*

Last year, we had a class on communication. It was about how to communicate with people and how to express our feelings and emotions.

Mother: *Na gud topic dat. Wetin Misis Fatmata bin tɛl una?*

That's a good topic. What did Mrs. Fatmata tell you?

Kadi: *I tɛl wi se kɔmyunikeshɔn nɔtɔ jɛs bɔt wetin yu de tɛl pɔsin, bɔt aw yu de se wetin yu de se. Us sayn wi bɔdi di sho ɛn wetin wi fes de sho.*

She told us that communication is not just about what we tell each other with words, but also about how we say those words, our body language and our faces.

Mother: *Dat fayn! Wel na jɛs lek yu ɛn yu brɔda. Una tu de tɛl mi se una de go skul, yu kin gladi bɔt yu brɔda nɔ kin gladi!*

That's right! It's like your brother and you when you tell me you are going to school. You both tell me the same thing, but you are joyful and your brother is sad!

Both: Laughing

Kadi: *Misiss Fatmata bin se di we we yu de akt sɛf impɔyant.*

Mrs. Fatmata said that our actions are important too.

Mother: *Das rayt.* That's right.

Kadi: *Yes, fɔ ɛgzampul if wi tu de rich na klas di sem tɛm ɔltɛm ɛn wi de biev wel dat de sho rɛspekt fɔ wi ticha dɛm.*

Yes, for example if we arrive always on time for class and we behave well, that shows respect to our teachers.

Mother: *Una ticha tich una gud tin.* Your teacher taught you well.

Kadi: *Misis fatmata ɛksplen aw impɔtant direkt kɔmyunikeshɔn bi.*

Mrs. Fatmata also explained the importance of direct communication.

Mother: *Wetin dat min.* What is that?

Kadi: *If yu na dayrekt pɔsin dat min se yu nɔ de fred fɔ se wetin yu tink ɛn fil. Yu de tɔk wetin de na yu maynd. Fɔ ɛgzampul yu gɛt kɔnfidɛns fɔ tɔk to yu padi dɛm ɛn tɛl dɛm opin wan aw dɔn mek yu fil. If Mati nɔ bin mek Joy no se i du tin we at am, Joy nɔ bin fɔ no se di tin at am, ɛn sɔntɛm sɛf dat bin fo pwɛl di padi biznɛs.*

If you are direct, it means that you are not afraid to say what you think or feel. You speak your mind. For example, you have the confidence to speak to your friends and be honest about how they made you feel. If Mati didn't tell Joy that she hurt her, Joy would have never understood that she hurt Mati and maybe that would have ruined their friendship.

Mother: *A si... dat min se yu fɔ tɔk opin wan ɛn wit kɔnfidens if pɔsin de fɔs yu fɔ du tin we yu nɔ wan du lek fɔ kek klas, drink rɔm ɔ get seks.*

I see... that means also that you should be very direct and have the confidence to say no if someone is pressuring you to do something you don't want to do, like skipping class or drinking alcohol or having sex.

Kadi: *Oh Mama!* Oh, mum!

Mother: *Nɔ shem o! A no se i at fɔ get da kayn kɔnfidens de. Sɔntem de yu nɔ go want fɔ du sɔntin bɔt yu nɔ get di maynd fɔ se nɔ bikɔs yu padi dem de du di sem tin.*

Don't be embarrassed! I know it can be hard to have that confidence. Sometimes you don't want to do something but you don't have the confidence to say no because all of your friends are doing it.

Kadi: *So wetin a fɔ du?* So what can I do?

Mother: *Wel, yu fɔ tink se if yu du wetin den de fɔs yu fɔ du, yu kin end up fɔ du tin we go gi yu trɔbul.*

Well, you should think that if you don't say no to someone who pressures you, you can end up doing things that will get you into trouble.

Kadi: *Dat Kɔrekt. Misis Fatmata se if wi tɔk wetin de na wi at, wi go ebul tɔk bɔt aw wi fil, wetin wi want ɛn wetin wi fɔ get. Bɔt sɔntem i kin at o, wen i kam to sɔm ticha dem.*

That's right. Mrs. Fatmata said that if we are more direct, we will be able to say how we feel, what we want and what we need. Sometimes it's difficult though, especially with some of the teachers!

Mother: *A no... Di pikin den nɔ kin fɛn am izi fɔ se wetin de na den maynd to den big wan dem bikɔs wi dɔn tel dem fɔ rɛspekt big pɔsin ɛn den wan we den get fɔ tek kia ɔf dem lek una prinsipul ɛn ticha dem.*

I know... young people often find it difficult to be direct with adults because we tell you to respect the elders and those in authority, like your principal and teachers.

Kadi: *So aw fɔ tɔk opin wan to big wan dem?* So how can I be direct with adults?

Mother: *I impɔtant fɔ rɛspekt wi bigwan dem; if yu nɔ gri wit wetin den de du ɔ se, yu kin ɛksplen wetin mek yu nɔ gri wit rɛspekt. If big pɔsin de fɔs yu fɔ du tin we yu nɔ wan du, yu kin tel wan ɔda big pɔin we yu trɔst, lek di ticha ɔ mi sɛf.*

It is important to respect adults; if you disagree with them, you can explain why respectfully. If an adult is putting pressure on you to do something you don't want to do, you can tell another adult your trust, like your teacher or me.

Kadi: *Tenki Mama a trɔs yu.* Thank you, mum. I trust you.

Mother: *Gud. A gladi we wi tɔk bɔt dis tide. Us ɔda tin yu lan na skul bɔt kɔmyunikashɔn?*
Good. I am glad we talked about this today. What else did you learn in school about communication?

Kadi: *Misis Fatmata bin tel wi se bad kɔmyunikeshɔn sef de. Dat min we yu nɔ de listin to ɔda pipul dem en nɔ kia bɔt aw den de fil. Dis kin apin fɔ egzampul we wi ala pan ɔda pipul dem. Misis Fatmat se wen wi de veks en du tin wit pawa, wi kin fil se wi gt pawa, bɔt na fɔ shɔt tɛm. Bɔt dat kin mek ɔda pipul den fil baad, en dat kin pwel padi biznes sef.*

Mrs. Fatmata told us that there is also aggressive communication. It means not listening to others and ignoring how they feel. This happens for example when we shout or yell at the others. Mrs. Fatmata said that when we are aggressive we may feel powerful for a short while, but it also makes others feel very bad and it will ruin our relationship with them.

Mother: *I rayt. Yu si wetin mek bɔku pikin den nɔ lek fɔ tɔk ɔ kip kɔmpin wit den mama en papa, na bikɔs den mama en papa de ala pan dem ɔl tɛm. Wen mama en papa den de ala pan den pikin dem, di pikin den nɔ de trɔst den egen en den kin stɔp fɔ tɔk to dem bɔt tin den na den layf. Tin den lek aw den de fil ɔ den prɔblem den...*

She is right. You see how many children don't like to talk or spend time with their parents because they yell at them all the time. When parents yell at their children, the children lose trust and stop talking to their parents about their lives, how they feel, their problems...

Kadi: *...na tru.* ...true.

Mother: *E, Ami de na do! A tink se i de wet yu...*

Oh, look, Ami is outside! I think she is waiting for you...

Kadi: *Yes, wi de go stɔdi da lesin togeda. A kin go?*

Yes, we are going to study that lesson together. Can I go?

Mother: *Yes bo.* Yes, of course.

Kadi: *Mama tenki* Thank you, mum.

Radio Discussions, discussants focus on:

- Why it is important to develop good communication skills
- How to communicate with family, friends and people in our community

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