



Name: _____

Text, Phone or Face-to-Face?

There is a place for communication via text, phone call and in person. Sometimes, one way is better than another.

When the **potential emotional level** is high, you need to think about considering the eyes, ears **and** heart.

With a partner, consider the following scenarios. Select whether you **should** use text, phone call or meet in person.

1. Your sister wants to break up with her boyfriend.

text phone call in person

2. You want to tell your mother that you are on your way home from school.

text phone call in person

3. You are working on a project that is due tomorrow and are frustrated. You need to vent.

text phone call in person

4. You were supposed to be home at 7pm and it is now 8pm.

text phone call in person

5. You want to see if a friend is available to go up north with you this weekend.

text phone call in person

6. Your friend is talking behind another person's back. You want to tell this friend that his/her actions are wrong.

text phone call in person

7. You said something really mean to your friend at lunch and want to apologize.

text phone call in person

8. Your friend tells you that her parents are getting a divorce. You want to comfort him/her.

text phone call in person

How did the potential emotional level affect your choices? Do you change your mind?