



## Text, Talk, Revive Civility Active Listening Activity

This activity will take 15 minutes.

1. Divide into groups of two.
2. Remember the steps for active listening from the video:
  - a. **Stay focused:** keep natural eye contact, don't judge and be patient
  - b. **Really listen:** don't think about your similar experiences and what you should say next
  - c. **Allow for periods of silence**
  - d. From time to time, **repeat the other person's words** or paraphrase it back to them
  - e. **Understand the emotions behind the words**
3. Review the following topics and identify one that you and your group member feel differently about:

Topics:

- a. Does technology make us feel lonelier?
  - b. Should companies collect information about you?
  - c. Do violent video games make people more violent in real life?
  - d. Can graffiti ever be considered art?
4. One person discusses their point of view and underlying values on the identified topic. The other person listens for understanding. When done, the listener repeats back what their partner just shared.
  5. Change roles and repeat step 3.
  6. Now that you have listened to each other for understanding, take turns explaining any points that you respectfully disagree with. Why do you feel differently than the other person? Are there underlying values or previous experiences that have shaped your perspective?

When done, go back to your original group.