

COMMUNICATION & PUBLIC SPEAKING FOR ADOLESCENTS & YOUNG PEOPLE

Introduction

Communication is one of the most important life skills for adolescents and young people. It enables them to express their thoughts, feelings, ideas and opinions clearly while also understanding others. Effective communication builds confidence, strengthens relationships, supports academic and professional success, and helps young people participate positively in society. Public speaking further develops the ability to communicate ideas confidently before an audience, whether in a classroom, group discussion, presentation, interview or community setting.

Communication Skills

Effective communication involves more than simply speaking. It includes **active listening, verbal communication, non-verbal communication, questioning, empathy and appropriate use of language**. Young people learn to communicate clearly, respectfully and confidently with peers, teachers, parents and others.

Active listening helps them understand the speaker rather than simply preparing a response. They learn to pay attention, avoid interruptions, ask relevant questions and provide appropriate feedback. Non-verbal communication—including facial expressions, gestures, posture, eye contact and tone of voice—also plays an important role in conveying meaning.

Young people should also understand that communication must be adapted to different situations. The way they communicate with a friend may differ from how they communicate with a teacher, interviewer or professional. Developing emotional awareness helps them recognise their own emotions and respond appropriately to the emotions of others.

Public Speaking

Public speaking provides young people with an opportunity to develop confidence and express themselves before an audience. It can include introducing oneself,

storytelling, presentations, debates, speeches, group discussions and impromptu speaking.

A good speaker learns how to **organise ideas, understand the audience, use an appropriate tone, maintain eye contact, control body language and speak with clarity**. Preparation is important, but young people should also learn to speak naturally rather than simply memorising a speech.

Fear of public speaking is common, particularly among adolescents. Through regular practice, supportive feedback and gradual exposure to speaking situations, young people can overcome nervousness and develop greater self-confidence. Mistakes should be viewed as opportunities to learn rather than reasons to avoid speaking.

Practical Learning Activities

The learning experience includes role plays, storytelling, group discussions, debates, presentations, mock interviews, speech challenges, impromptu speaking and peer feedback. These activities encourage young people to practise communication in realistic situations and develop confidence through experience.

Importance for Adolescents & Young People

Strong communication and public-speaking skills help young people perform better academically, build healthy relationships, participate in teamwork, resolve conflicts and express themselves responsibly. These skills are also valuable for higher education, employment, leadership and personal development. Most importantly, effective communication gives young people a stronger voice and enables them to participate confidently in the world around them.

Learning Outcomes

By the end of the programme, participants will be able to:

1. Communicate their thoughts, ideas and feelings clearly and respectfully.
2. Demonstrate active listening and appropriate questioning skills.
3. Understand the importance of verbal and non-verbal communication.
4. Adapt communication styles to different people and situations.
5. Organise and present ideas logically and confidently.
6. Use appropriate voice modulation, body language, posture and eye contact.
7. Participate effectively in group discussions, debates and presentations.
8. Manage nervousness and develop greater confidence in public speaking.

9. Give and receive constructive feedback.
10. Apply effective communication skills in academic, personal, social and professional situations.
11. Demonstrate empathy, respect and responsible communication.
12. Develop greater self-confidence and willingness to express themselves before others.