

What did we talk about last week?



Last week, we continued to talk about assertive communication. We said that **assertive communication** happens when **people tell others** what they **need** in a **nice way**.



We also **talked about aggressive communication**. Aggressive communication is **speaking** in a **way** that **feels loud, angry, or mean**. The **person might not do it on purpose**.



Talking in an aggressive manner **can upset others**. So, **it is important** for **people** to **learn** about how to **communicate** their **feelings** in a **nice way** (**assertive communication**).



During the session, we also **continued to work** on **Include's Heritage Project**. Include's Heritage Project wants to **help people** with **communication difficulties** to **learn more** about **Redhill's** history (**heritage**).



The **Champions helped Include understand** what sort of **Easy Read documents** makes it **easier** for **people** to **learn more about** their **heritage**.