



# Teen Leadership 20

## Intended Audience:

- Teens

## Lesson Objectives:

Participants will:

- Understand the importance of learning a proper handshake.
- Learn to give a proper handshake.

**Time:** 20 minutes

## Equipment and supplies:

- None

## Do Ahead:

- Review lesson

## Giving a Proper Handshake

### BACKGROUND

Giving proper handshake is an important life skill. Many believe the way you shake hands speaks volumes about who you are as a person. When you shake hands with a person, you are doing much more than saying 'hello'. You are saying 'this is who I am'. We all know that first impressions last, and it is often your handshake that makes the first impression.

### WHAT TO DO

#### Activity:

- Ask participants to introduce themselves to 3 other individuals (number can vary depending on number of people in your group).
- Instruct participants that during this introduction they should tell the other person a little about themselves. The introduction should also include a handshake. This will require them to stand and move about the room.

### TALK IT OVER

#### Reflect:

- After participants have completed their 3 introductions, bring the group back together for discussion.
  - Ask the participants why a proper handshake is important.
  - Ask participants to discuss 'characteristics' of a proper handshake. Share tips on giving a proper handshake.
- Review Proper Handshake Tips:
  - Look the person in the eyes
  - Use a firm grip
  - Don't be too hasty
    - Offer hand fingers straight and thumbs high. Don't grip till 'web to web'.
  - Don't shake too much
  - Use speech in conjunction with the handshake

#### Apply:

- Ask participants to introduce themselves to 3 different individuals in the group using what they just learned.
- After participants have completed their 3 introductions, bring the group back together. Briefly discuss how the last 3 introductions/handshakes were different than the first 3.



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*Please take time to complete the Participant and Facilitator evaluations, found online at [go.osu.edu/TeenLeadership20](http://go.osu.edu/TeenLeadership20).*

**Considerations for Conducting Virtually:**

- When it's time to practice the handshake, have participants practice with another person in their home (if they are able)
- Divide the group into breakout rooms and have them practice introductions with one another, even though they will not be in the same space to physically handshake.

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