

Being Assertive

- In your own words, write a definition of what assertive means. If you have no idea, you can still write a title and date.
- Next, share your definition with the person next to you. Add to yours in a different colour
- Finally, as a teaching group create a whole class definition, and add this to your work.





Objectives:

To accurately define what we mean by “assertive language and behaviour”

To discuss why this is important

To role play or model assertive behaviour





Passive, aggressive and assertive

Which one is *PASSIVE*, *AGGRESSIVE* and *ASSERTIVE*?



Oh, please please give it back.

OK – let's sit down and talk about it.

I can understand why you're annoyed but we can find a solution

Your just an idiot!

You know about what happened before.. Well.. actually just forget it.

Oi! I want a word with you now

I'm really upset that you took it without asking first.

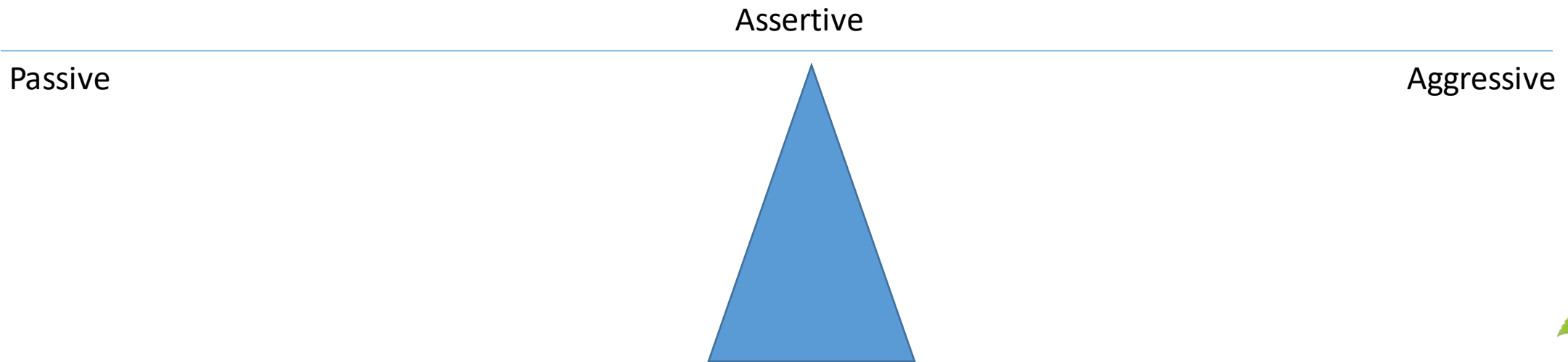
If you don't give it back, I'm going to beat you up.

I wanted to ask you... Oh, don't worry – it doesn't matter.





Passive, aggressive and assertive





Assertive body language

Look at the images below and identify which are assertive, aggressive and passive





Demonstrate



You really want to play football with your friends but they say you can't play today because they already have their teams.	You are getting your lunch when two older students push in front of you. You've been waiting for ages but they say they're older so they get to go first.
You are trying to do your homework but your brother keeps playing his music really loud and you can't concentrate.	There is only one seat on the bus but a woman has her shopping bags on it. She has headphones on and can't see you.
You have been staying in at lunchtime to do your homework and now someone is spreading a rumour that you've got no friends.	You've fallen out with a friend and now the whole group has stopped talking to you.
You worked really hard on a project but when the teacher gives you your mark it's lower than you think it deserves.	You are waiting to get on the bus behind an old man who is taking ages finding his bus pass. It starts to rain.
You post a photo on social media and a friend makes a really cutting remark about it.	A boy in your class keeps teasing you. At first it was funny but now it's getting really annoying when he does it every day.
Your friend was messing around in class but the teacher thinks it was you and sends you out of the room.	You let your friend copy your homework once and now they want to copy it every Monday.
An older student keeps following you round making comments about your hair. You're over it.	Your friend snatches your phone and starts scrolling through your photos.

1. Look at your case study cards. Choose three to discuss with the person next to you.

Identify how to **assertively** respond to each of the scenarios.

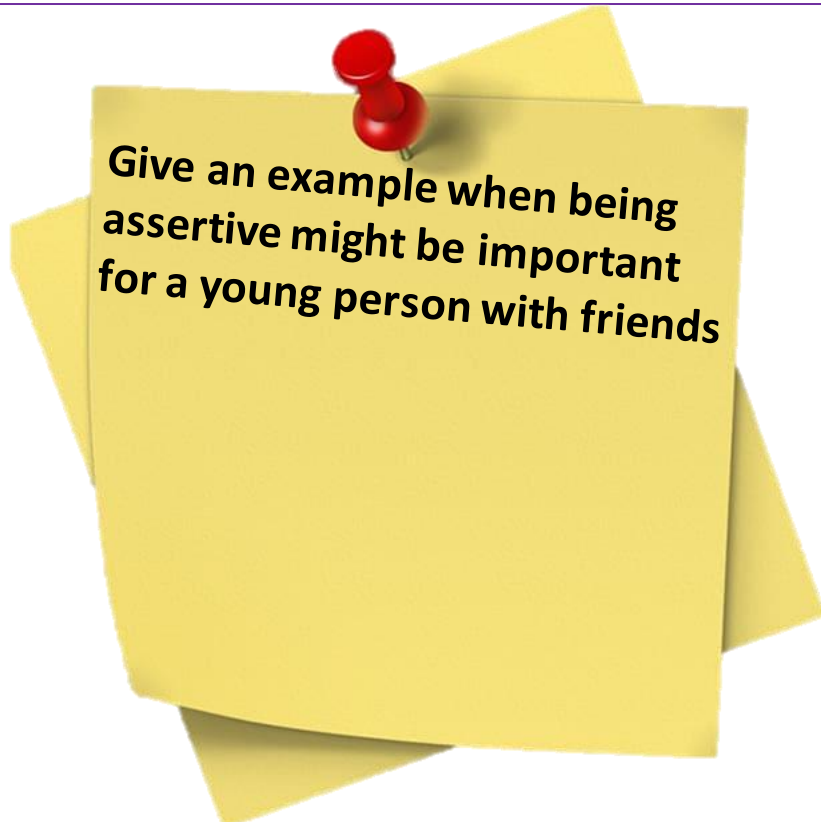
2. Select one card each and stick it into your books, answering the following questions:

- a. How should you respond assertively to this – describe the language you should use (offer sentences) and the body language you should use
- b. Who else might you seek support from to resolve this situation?

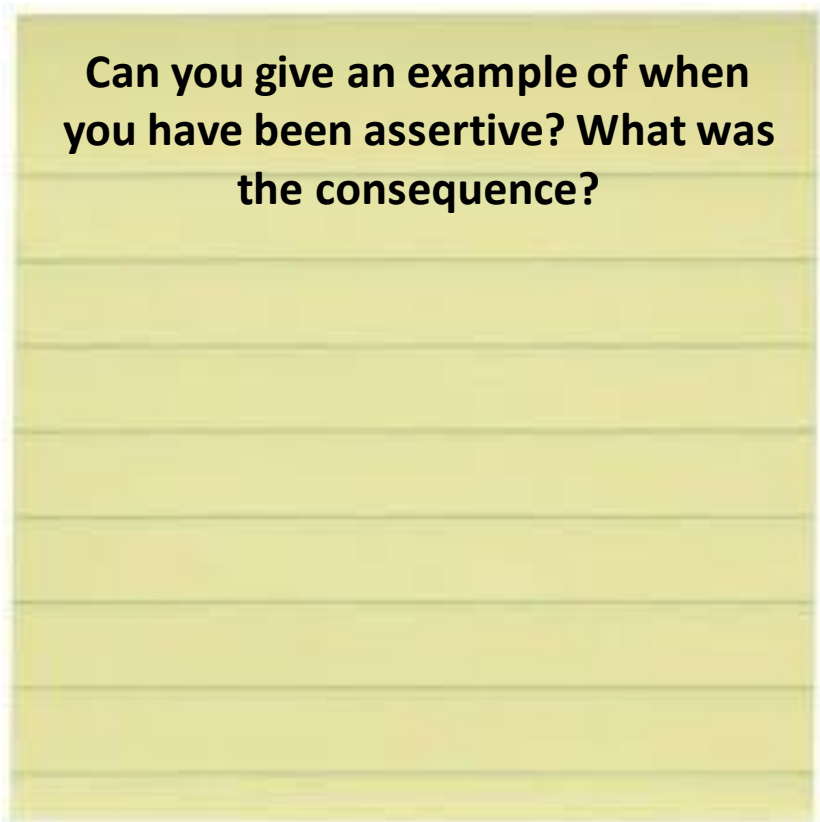




Why is being assertive an important skills for young people?



Give an example when being assertive might be important for a young person with friends



Can you give an example of when you have been assertive? What was the consequence?

