

Session 2.1: Being assertive not passive

Activity sheet 2.1.1: Being assertive not passive

Read and talk about the following:

- Assertiveness means saying what you want or how you feel in a polite way.
- Some people do not say what they want or how they feel. They stay quiet. They are not being assertive. They are being passive.
- Some people hurt people or damage property or shout or get abusive. They are not being assertive. They are being aggressive.
- Sometimes we may be passive. Sometimes we may be aggressive. Sometimes we may be assertive. Sometimes we may be in between.

Passive



Assertive



Aggressive



We are going to look at these three ways of behaving.

We are going to find out that being assertive usually is the best way to get what we want and to be happy.

Activity sheet 2.1.2: Stories about assertiveness

Talk about the following stories. You could role-play them or you could watch your group leaders role-play them. The stories are about people being passive. Talk about whether it was good to be passive.

Scenario 1

A person goes into a café. They are being passive. They do not say what they want. The waiter asks them where they want to sit. They say 'I don't mind'. Then they are disappointed that they are by the door. The waiter asks them if they would like a cup of coffee. They want tea but they say, 'Yes please'. The waiter says that the special is good. They do not want the special but they agree to have it. The meal is cold but they put up with it and do not say anything. The bill seems too much but they pay it anyway.

Can you think of a better way?

What things would you change?

1.

2.

3.

Activity sheet 2.1.3: Passive behaviour

Scenario 2

A lady goes into the hairdressers. She is being passive. The hairdresser asks her what she wants. She says 'I don't mind. The hairdresser asks her lots of questions like 'Do you want a little bit cut off? Do you want your hair very short?' The lady just answers 'It's up to you.' The hairdresser is getting frustrated. She feels like cutting off all the hair and even shaving the customer's head. She is professional though and cuts the hair as nicely as she can. When the customer looks in the mirror she hates her haircut.

Can you think of a better way?

Why do you think the hairdresser was angry and frustrated?



Activity sheet 2.1.4: The risks of not being assertive

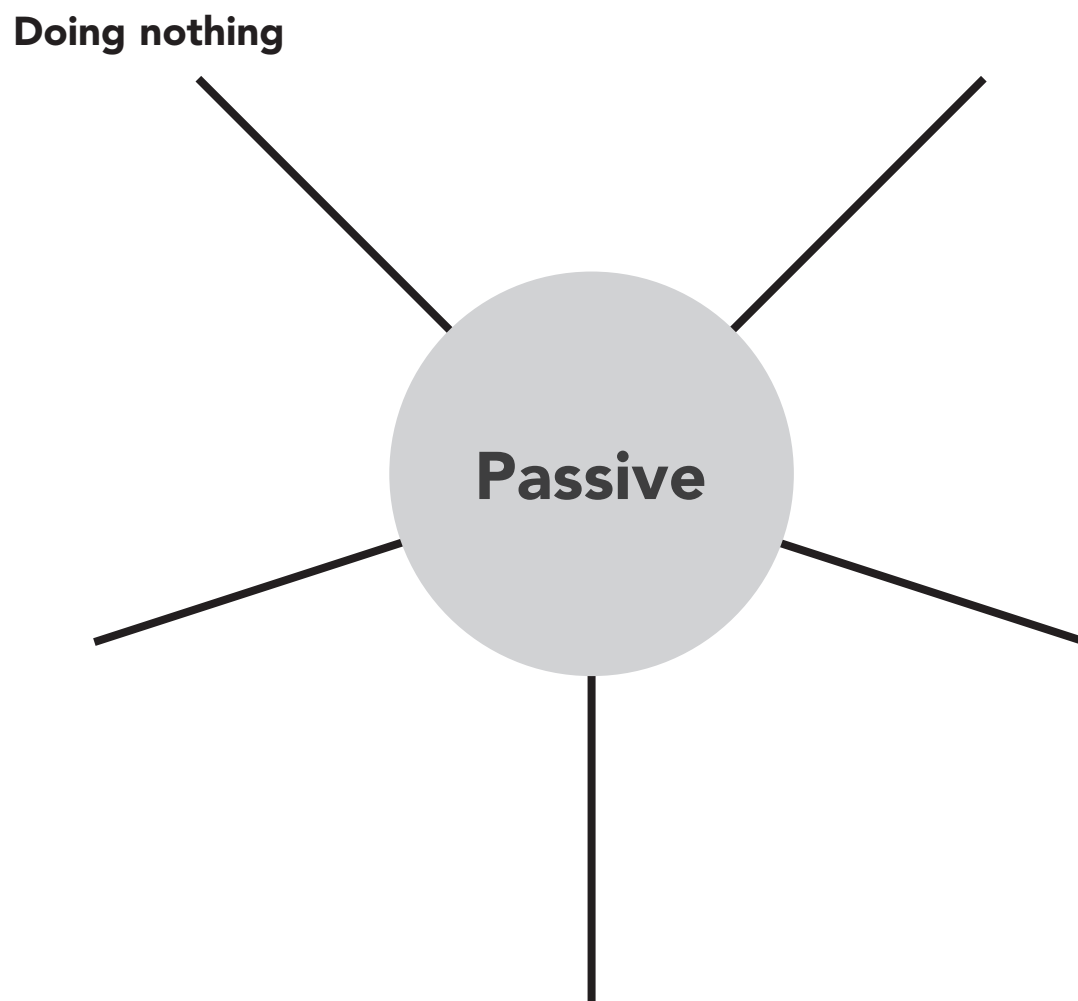
Scenario 3

A gang of people want some money. They decide to burgle a rich, old lady. They know that there is someone called Sam who wants to be part of the gang and will do what they tell him to do. They tell Sam to climb in the old lady's window and rob the lady. Then Sam can be part of the gang. Sam does not think it is right to rob an old lady but he does it anyway. He really wants to be part of the gang. The police catch Sam but the others run away. What would you do if you were Sam?

Activity sheet 2.1.5: What is being passive?

Talk about what people say and do if they are being passive.

Complete the spider diagram.



Activity sheet 2.1.6: How does being assertive help?

Role-play the 3 stories in Activity 1. This time show how the situations could be handled in a better way. You could be assertive and say what you want or how you feel.

Do you think you were assertive?

Which was better, being passive or being assertive?

Activity sheet 2.1.7: Bottling up our feelings

Sometimes when we are being passive, we bottle up our feelings. The feelings build up and build up until they are too much to cope with. We can then get really upset and angry and might even get aggressive.

We are like a bottle full of fizzy drink. When we get too full of feelings, the cork can fly off. We can explode and become aggressive.



Sometimes someone may be very quiet and not say anything and then suddenly they get up and shout or throw things. Have you seen this on a television programme or a film?