

Session 2.3 and 2.4: How to be assertive 1 and 2

Activity sheet 2.3.1: Saying no

Most of the time it is good to be assertive. It is usually better than being passive. It is usually better than being aggressive.

You can be assertive in lots of different ways.

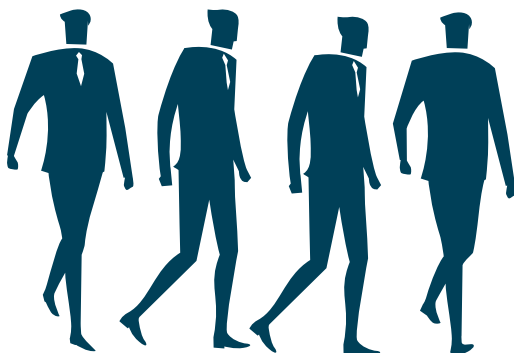
You can be assertive by saying 'no'.

You can be polite and say 'no thank you'.

Practise saying 'no'

1. Your friends are going to the pictures. You don't want to go.
2. A man has offered you drugs.
3. Your boyfriend or girlfriend wants sex. You don't want sex.
4. Your friend wants you to help him shop lift.

If they keep asking you, you can walk away.



Activity sheet 2.3.2: Not being pressured

You can be assertive by saying 'wait' or 'I'll let you know'.

You can say 'I will get back to you in 10 minutes' or 'I will phone you this afternoon'.

You can also ask for more information to help you make a decision.

Practise the following:

- A friend phones you up and asks you if you want to go to the pictures. You are not sure.
- You are offered a job but you want to get some advice first.
- Your family have asked you to go on holiday with them. You are not sure you want to go.
- Your friend asked you to help him with some gardening.



Activity sheet 2.3.3: Asking for help

You can be assertive by asking for help.

Practise asking for help.

1. You are at college. You do not understand a question.
2. You have been bullied. You don't know what to do.
3. You have been drinking alcohol a lot. You can't cut down.
4. You are very upset about something and you are not sleeping well.



Activity sheet 2.3.4: Assertiveness practice

You can be assertive by saying what you want.

Practise being assertive.

1. Your friend wants to go to the pub. You want to go to the cinema.

2. You want to go to church. You think your friends will laugh at you.

3. You want to go to college. Your family think it is a silly idea.

4. You want ...

Fill in what you want.

You can be assertive by choosing to do what someone else wants. This is different from being passive.

Activity sheet 2.3.5: Standing up for what you believe

You can stand up for what you believe.

This could be:

- I believe it is wrong to mug an old lady.
- I believe it is wrong to pick on people because they are different.
- I believe everyone should be able to choose their religion.
- I believe there is a God and I want to follow him.

Think of something that you believe.

Activity sheet 2.3.6: Saying how you feel

You can be assertive by saying how you feel.

Practise saying how you feel.

I feel

You can say how you feel when something happens.

I feel..... when.....

.....

You can say how you feel when someone does something.

You can say how you feel if someone does not do something they said they would do.

I feel..... when you.....

.....

Activity sheet 2.3.7: Making complaints

- You can complain in an assertive way if something is not right.
- You can complain about someone's bad behaviour.
- You can complain about being bullied.
- You can complain if something you have bought is faulty.
- You can complain if someone hasn't done what they said they would do.

You can complain about.....
.....
.....

Practise complaining about something. Be assertive. Don't be rude or aggressive.

You may need to ask someone to guide you to the right person when you make a complaint. You may need someone else to help you with this.

Activity sheet 2.3.8: When were you assertive?

Think of a time in the last week when you have been assertive.

