

Being Assertive

In today's lesson, we learned about being assertive. Remember, being assertive is about being clear, controlled and confident in what you are saying. Examples of clear, controlled and confident assertive statements are:

- + 'I can say no'
- + 'I can choose to leave a game if I want to'
- + 'I am worth listening to'

1. Draw yourself in a 'power pose' in the space below. Draw a speech bubble and write something you might say to someone who made you feel not okay. A power pose is a stance (way we hold our body) that makes us feel confident and powerful.



2. When talking to your friend, it's good to THINK before you speak. Colour the words below and talk to your adult about what these words mean and why this is a good idea.

T True
H Helpful
I Important
N Necessary
K Kind

You can always:

1. Be assertive and speak up for yourself
2. Seek help from an adult (teacher, coach, parent)
3. Ask for advice from your trusted adult