

#WELLBEING WEDNESDAY

Week 8 -





ASSERTIVENESS

- Sometimes when our friends are doing something that we don't agree with it, it can be hard to stand up for our beliefs and say no.
- Learning to say no, and assert our own beliefs in a **calm, reasonable and effective** manner is important.
- Being able to do this effectively will help your self confidence and reduce stress linked to peer pressure.

Main Points

- When someone is doing something that upsets you, be assertive:
 1. Describe the problem objectively.
 2. Express your feelings.
 3. Ask for a specific change.
 4. List the improvements the change will make.



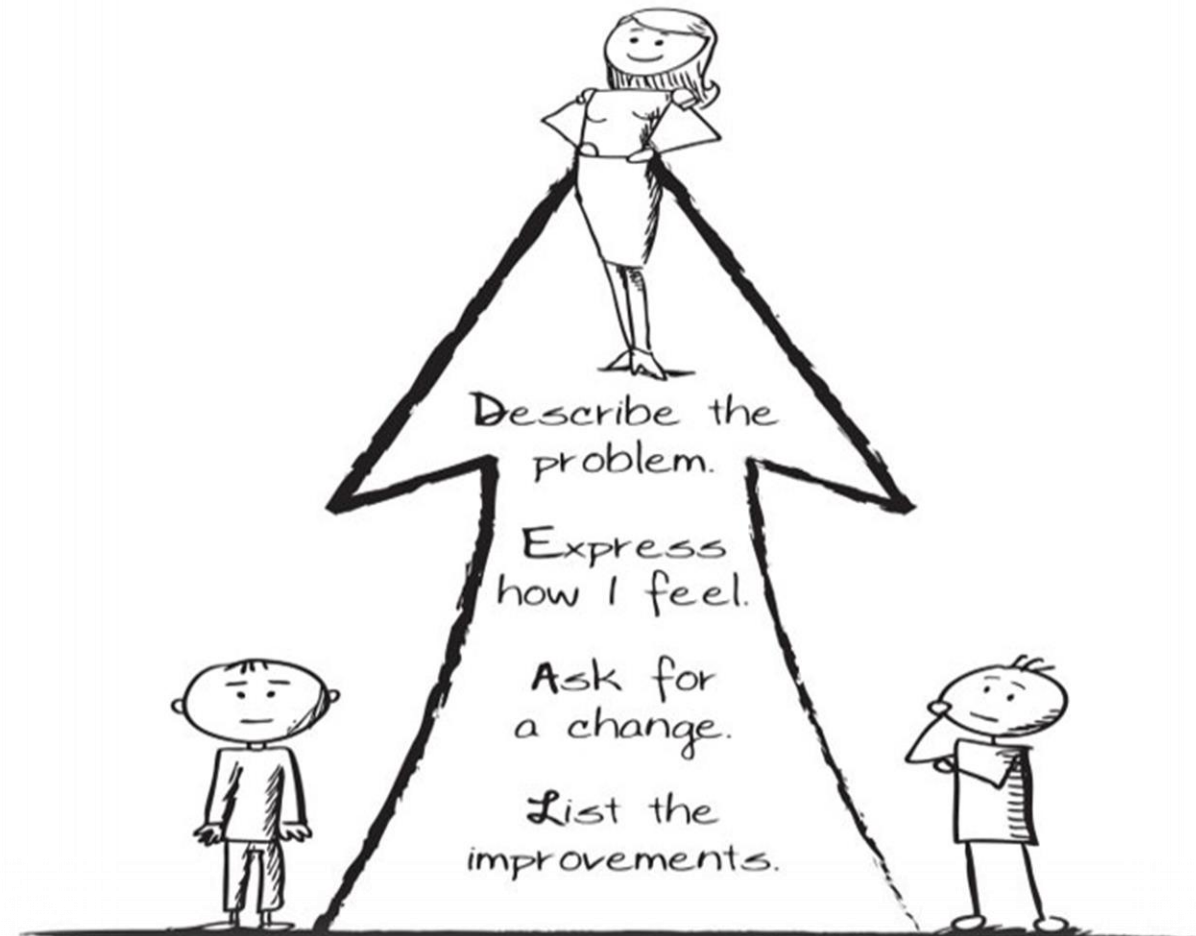
ROLE-PLAY- BEING CALM AND ASSERTIVE

- Imagine a friend has started 'trolling' another friend of yours (that you have known since primary school) online.
- You don't like it and you want to tell your friend to stop, but you are worried they will fall out with you if you say anything.
- Role-play the scenario with a class mate, with both characters trying their best to be: mature, calm and controlled in their responses. Person A should eventually agree to stop and see that their behavior is wrong.

Person A- the one 'trolling' someone online

Person B- the 'onlooker' friend who doesn't like it.

Assertiveness **Say-it-Straight**



How do you say **NO** effectively?

Top Tips

Serious and strong

Reasons

Walk away afterwards

Calm and certain

Assertive not aggressive

Definite body language

THE POWER TO SAY

NO

**DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.**

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