

Being ASSERTIVE means standing up for yourself and what you believe is right in a respectful way. Think of it this way: in any situation, there are three basic responses: aggressive, passive, and ASSERTIVE. Read the stories below, then write three different endings for each: one with a passive response, one with an aggressive response, and one with an ASSERTIVE response

Story	Passive response	Aggressive Response	ASSERTIVE Response
You're on the swings at recess when someone walks up and says "I wanna swing now"	You say "okay." And let them have the swings	You tell them "too bad, I was here first. Get lost"	You say "cool. You're next when I'm done"
You go to the park to play some basketball with your friends, but when you get there, another group is already playing			
You walk into your room and your little brother is playing with your stuff!			
You're hanging out with your friends. And you're bored. Then one of your friends says "hey, I know! Let's go throw stuff off the bridge over the freeway!"			
A kid in your class reveals that he knows where the teacher keeps the answers to the tests, and the other kids decide that you should be the one to take them.			

To help yourself be ASSERTIVE: Sometimes it can be difficult. When a situation comes up and you're not sure what to do, here's some tips: relax! Take a deep breath and think about what you think is the right thing to do in the situation! Think of a story from your life where you have to stand up for yourself or what you believe in, how you handled it, and if you could have handled it better:
