

Being assertive means that we stand up for ourselves and what we believe in, and we do it in a way that's fair and nice. Read the stories below, and then choose which ending shows ASSERTIVENESS

<p>Kelly wants to go on the swings during recess. When she gets to the swings, there is already somebody on them! What should Kelly do?</p>  <p>a) wait until they're done and hope that no one else wants to use the swings before she can get to them</p> <p>b) tell the person on the swings to get off, she wants to use it now</p> <p>c) ask the person on the swings if she can use it when they're done, and make sure other kids know there's a line now</p>	<p>Alright, now the other way around. During recess, Kelly is on the swings when someone comes up to her and says "hey, I wanna swing now."</p>  <p>a) tell them "Too bad. I was here first."</p> <p>b) tell them "You're next. I'll be done in a bit"</p> <p>c) say "okay" and give them the swings right then</p>
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Johnny is hanging out with his friends, and they're bored. One of his friends says "hey, you know what's fun? Let's go throw stuff off the bridge over the freeway!" What should Johnny do?

a) Say, "Nah, I've got a better idea. Let's play commandos outside. Dibs on being general!"

b) Wait and see what everyone else in the group says about it; if they do it, go with them

c) Say, "Yeah, sounds great! I'll get some stuff to throw!"



If someone tries to get us to do something we don't want to do, or we know is wrong, we want to be able to have a good ASSERTIVE response to let them know that we're not OK with what's going on. Below, come up with a few different things you can say if someone tries to get you to do something you don't feel comfortable with:
