

ARE YOU ASSERTIVE?

Being **ASSERTIVE** means standing up for yourself **WITHOUT** upsetting your friends (or ending up doing something you didn't really want to do!) Mmm...quite a challenge.

Are you up to it? Try this quiz and see...

Q1. You're in line for lunch when a friend pushes in front of you. DO YOU...

- a. Mumble something under your breath, but let them carry on
- b. Say 'Get to the back!' angrily and give them the evils
- c. Tell them that there's a queue and that they should wait their turn

Q2. One of your mates asks you to go into a shop and steal some crisps. DO YOU...

- a. Explain that you don't want to and tell them not to ask you again
- b. Go in, but wish you hadn't
- c. Tell them to do it themselves

Q3. You're eating your pudding during school dinners when you find a fingernail in it! DO YOU...

- a. Take it out, say nothing and carry on eating (yum)
- b. Explain to the dinner staff why you'd like another pud!
- c. Pretend to be sick and make a scene

Q4. Your friend wants to borrow your new DVD and you planned to watch it tonight. DO YOU...

- a. Hand it over and look forward to an evening of Mum's favourite gardening programmes (zzz!)
- b. Shout 'Get your own!' and snatch it away from them
- c. Suggest you watch it together with a big box of popcorn

'How did you do?'

Scores: Q1: a = 0, b = 5, c = 3
Q2: a = 3, b = 0, c = 5
Q3: a = 0, b = 3, c = 5
Q4: a = 0, b = 5, c = 3
Q5: a = 3, b = 5, c = 0

Q5. Your mate wants to copy your homework. DO YOU...

- a. Say 'I don't want to lend it to you thanks' over and over again until they get bored and leave you alone.
- b. Tell them to take a hike and that it's their fault for being so thick!
- c. Reluctantly hand it over and hope you don't get caught.

Under 15: Come on little kitten - you need to stick up for yourself more. Don't keep quiet just because you don't want to upset your friends - be brave and say what you mean.

15 - 20: Well done you! You know how to stick up for yourself without making people angry. Giving reasons, being firm and suggesting alternatives are all excellent ways to be ASSERTIVE!

Above 20: Whoah, easy tiger! You do stick up for yourself, but be careful. Going over the top or getting aggressive could lead to problems with your friends. Engage brain and think before you speak!



Help your child to imagine the possible consequences of each action. Maybe you can use examples from your own experience that show how being assertive can be successful.