

Developing



Communication Skills

Developing Assertive Communication Skills

Identify Problem: Many kids who get bullied don't have the skills to communicate in an assertive way. Their peers perceive them as weak and make them a target for bullying behavior.

Exercise: Define three styles of communication:
Passive - Statements or behavior that does not communicate what you mean in a direct way.
Aggressive - Statements or behavior that is hostile, attacking, threatening or demanding.
Assertive - Statements and behavior that communicate clearly what you mean and feel.

Describe the body language associated with each communication style.

Assign students a partner. Choose a partner who has a common color on their clothing. This should mix things up a bit.

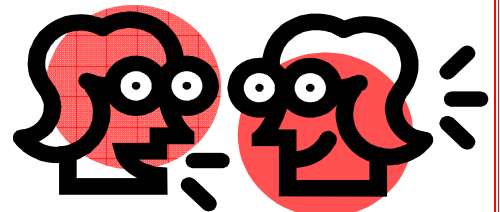
Give each partnership a scenario. They will take 5 minutes to discuss the scenario and each chooses a communication role. They will then present in a role-play form to the group. In acting out the scenario the participants should exaggerate the communication style. The group will try to guess which communication style each participant is acting out. They can each choose the same style or they may choose different ones.

- Scenarios:**
1. A **clerk** gives a **patron** the wrong amount of change at the music store.
 2. A **teacher** doesn't give a **student** credit for an assignment they are sure they handed in.
 3. A **teen** asks another **teen** to sneak into the movies with them.
 4. An **employee** asks a **boss** for a day off when they have already agreed to work. There is no one else who can cover.
 5. A **person** asks a **friend** for a time consuming favor, and they really don't have time.

Identify Skills: Students will learn to identify assertive communication. Students will develop and practice effective assertive communication.

Source: Group exercises for enhancing social skills and self-esteem SiriNam S. Khalsa

Supporting Worksheet: Assertive Checklist



Read each sentence, then write Yes or No next to each one

- _____ 1. I've eaten food that was given to me that I really didn't like.
- _____ 2. I have a difficult time letting people know that I disagree with them.
- _____ 3. I'm not sure how to respond if I receive a compliment.
- _____ 4. I get really upset if someone is angry with me.
- _____ 5. I have apologized for something that either I didn't do or wasn't responsible for.
- _____ 6. I have been talked into doing something wrong because I felt pressured to do it.
- _____ 7. I have worn specific clothing because I wanted to be accepted by my peers.
- _____ 8. I have a difficult time telling a salesperson that I don't want to buy what they are selling.

Get a partner and role play an appropriate response for each scenario.

Choose one to share with the group.