

Standing Up



For Yourself

Standing up for Yourself

Identify Problem: In an attempt to make friends some students are “too nice” and end up being taken advantage of unintentionally by their peers. These students feel powerless to do anything to stop the bullying behavior.

Exercise: Read the book *Grover Goes to School* by Dan Elliot. In this book it is Grover’s first day of school. He is very concerned about making friends. In an attempt to make lots of friends he goes overboard being nice to his peers even at his own expense. At the end of the day Grover is in tears. Molly notices that Grover is sad and offers to play with him. He realizes that he doesn’t always have to give in to others demands in order to make friends. He realizes that a few *good friends* are much more valuable.

Identify Skills:

- Students will learn to protect their own ideas, opinions and values.
- Students will learn how to identify friends who will not take advantage of them.
- Students will learn that it is better to have a few good friends than to be “popular” because you always give in to others demands.

Handout: Standing up for Your Rights

Source: Adapted from ART (aggression replacement training guide)
Arnold P. Goldstein, Barry Glick, and John C. Gibbs

Standing Up for Your Rights Worksheet

Write about a time when you wish you would have stood up for yourself:

How did you know that you were dissatisfied? _____



- Some cues are tight muscles, butterflies in stomach or general uneasiness.

Decide what happened to make you feel dissatisfied. _____



- Are you being taken advantage of, ignored, mistreated or teased?

Think about ways in which you might stand up for yourself and choose one.



- Seek help; say what is on your mind; get a majority opinion; choose the right time and place.

Stand up for yourself in a direct and reasonable way.