



My "Assertive" Bill of Rights

To be "Assertive" I must remember to respect my rights AND the rights of others.

Directions: Check (✓) the boxes where you are assertive. Have your parents place an X in the boxes where they see you behaving assertively. Talk about the areas where you agree and disagree.

The "Others" section might include people you just met, close relatives, and/or other adults.

I am Assertive....	with Friends	with Parents	at School	with/at Others
when someone is talking to me.				
when I show my feelings.				
when I have a different opinion.				
when I say "no" to things that could harm me.				
when I get confused and need more time to think.				
when I ask for help.				
when I need some privacy.				
by sticking up for myself when someone is picking on me.				
by accepting the consequences for breaking a rule.				
with most of the decisions I make.				

Student Signature _____ Date _____

Parent Signature _____ Date _____