



# 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** \_\_\_\_\_