



# "Assertive" Communication

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

Directions: Choose what *you think* is the most assertive response from the multiple choice selections, and then write the completed sentence. Have your parents check to see if they agree that your statement is assertive.

1. Jimmy, that ball is mine \_\_\_\_\_  
\_\_\_\_\_.

- A) ...give it back NOW! B) ...please give it back. C) ...you can play with it, I don't mind.

2. \_\_\_\_\_  
\_\_\_\_\_ picking on my friends.

- A) Would you please stop... B) I will pick on you the way you are.... C) I don't like you...

3. No, I don't smoke so \_\_\_\_\_  
\_\_\_\_\_.

- A) ...leave me alone. B) ...don't ask me again. C) ...get out of my face with that stuff!

4. I'm not going to drink that beer and \_\_\_\_\_  
\_\_\_\_\_.

- A) ...you're stupid if you do. B) ...you know you shouldn't. C) ...I think it's dangerous.

5. Stop sending me texts like that. They are \_\_\_\_\_  
\_\_\_\_\_.

- A) ...gross and you're an idiot. B) ...hurtful and I don't like it. C) ...not nice things to say.

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_