

Assertive Statements Activity

In this activity, students will discuss how to use assertive, prosocial statements in their interactions with others. Students can write these statements on index cards for use if conflicts with classmates occur.

Discussion Ideas before activity:

- Have you ever heard the word aggressive before? What does it mean? Aggression is when you hurt others with words or your body. Has there ever been a time when you were aggressive to someone or saw someone being aggressive?
- People can become aggressive when they feel others are being mean to them. But usually being aggressive does not solve the problem or make it better. What typically happens to kids who are aggressive at school?
- Being assertive is a way you can protect yourself without hurting others. Assertive means sticking up for yourself using kind words, rather than mean words. Ask students to think of a list of scenarios where they may be tempted to act aggressively, and assist them in identifying assertive responses using their words. For example, stating "I don't like it when you take my pencil. Please give it back." when a student takes their pencil.

After discussion, provide students with notecards and have them write examples of assertive statements they can use with their peers. Examples could be "stop worrying about me and worry about yourself," "I don't talk to people when they are being mean," "I like myself," "I don't like it when you _____ because it makes me feel _____."