

BE ASSERTIVE!

Worksheet

Instructions: Consider a situation where someone is pushing you to do something you're not comfortable with. The following statements are possible responses to that pressure. Circle whether each statement is PASSIVE, AGGRESSIVE, or ASSERTIVE. If it's not assertive, write a response that is.

1. I'm not ready to have a boyfriend/girlfriend right now, but I really like you a lot.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: _____

2. If all you can think about is sports, there's something wrong with you.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: _____

3. Listen, having sex means taking risks – and I'm not willing to risk my health and my future like this.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: _____

4. I guess we could hang out at your place – I mean, I'm really uncomfortable about your parent(s) not being there, but if you really want to, I'll come with you.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: _____

BE ASSERTIVE! Teacher's Guide

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1. I'm not ready to have a boyfriend/girlfriend right now, but I really like you a lot.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

2. If all you can think about is sports, there's something wrong with you.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: I like sports, too, but I feel like you talk about it a LOT and it makes me feel like there's something wrong with me if I don't like them as much.

3. Listen, having sex means taking risks – and I'm not willing to risk my health and my future like this.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

4. I guess we could hang out at your place – I mean, I'm really uncomfortable about your parent(s) not being there, but if you really want to, I'll come with you.

PASSIVE, AGGRESSIVE, or ASSERTIVE?

ASSERTIVE: I love hanging out with you, but I'm not comfortable doing that when no one else is home. Want to come to my place instead?