

## Defining Assertiveness

**Assertiveness: The ability to express your beliefs, wants, or feelings in a self-assured and direct manner while respecting others.**

Discuss what assertiveness means, using the prompts below to help consider each part of the definition. Write your answers in the spaces provided; be prepared to share with the class.

What are “beliefs, wants, or feelings”? What are some examples of each?

What does “in a self-assured and direct manner” entail? What are some examples of times when you have difficulty expressing yourself in this way?

What does “respecting others” mean and look like? What are some examples of respecting others? Conversely, what are some examples of being disrespectful to others?

After watching the video of McKenzie defining assertiveness, think about the following questions and write your answers below:

1. How did McKenzie explain assertiveness?
2. How would you explain assertiveness to a friend or parent?
3. How did learning assertiveness help McKenzie?
4. How could learning assertiveness help you?