

## Rating Behaviors

In groups, you will complete the table below. Draw a mark to show where you think the listed behaviors fall on a spectrum of passive, assertive, or aggressive, and then explain your response in the last column. The first one has been completed as an example.

Behaviors	Passive	Assertive	Aggressive	Why?
Walking out of the room and slamming the door				<i>Clearly mad but not speaking; expressed anger physically; not respectful since it scared people</i>
Distancing yourself physically from the group and not participating				
Telling someone when you think they're doing something unkind				
Posting something negative about a friend on social media				
Refusing to speak (pouting)				
Talking face-to-face to a friend who you think has disrespected you				
Threatening to do something if you don't get your way				
Saying "whatever" when someone asks what you think				
Waiting until the teacher is done giving directions before you ask for help				
Asking a teammate to talk less while showing you understand their perspective				