

What Is Assertiveness? (Secondary)

Have you ever wanted to share your thoughts or feelings but were afraid of what others might think of you? Or maybe you said something hurtful to a friend and didn't mean it. When you want to respectfully express what you think or need, assertiveness will help.

Assertiveness is expressing your wants, needs, and thoughts, even when it's difficult, while respecting what others want, need, and think, even when it's difficult. When you are assertive, you stop and think about another person's feelings and ideas even if they are different from yours. Assertiveness will help you communicate with siblings, friends, teachers, and family members, even when it's hard to speak up or when you disagree. Being assertive will also help you stand up for yourself when someone isn't being respectful to you.

When I need to be assertive, I use strategies like ***identify communication types, find and voice my feelings***, and ***show respect without words***. These strategies help me communicate what I think and feel, and they help me get along with others. Assertiveness strategies will help you too!