

Top 10 Student Outcomes

Identified by teachers who taught **assertiveness**

1. Improved communication
2. Increased ability to express themselves
3. Increased self-reflection/self-awareness
4. Increased confidence in their own abilities
5. Increased ability to seek assistance and supports
6. Improved interactions among students
7. Improved conflict management skills
8. Improved ability to resist peer pressure
9. Improved behavior
10. Reduced incidents of bullying

Course-Specific Outcomes

Identified by teachers who taught **assertiveness**

- **Science:** Asking for help more often; less frustrated; sharing opinions and feelings about tough topics; speaking up more instead of following cliques; increased confidence reporting experimental results; seeing the teacher outside class time when struggling with content
- **Language Arts:** Improved attitudes, behavior, and conversations; better able to think through issues; improved discussions
- **Math:** Asking more questions and seeking help in class
- **Counseling:** Increased positive interactions, self-awareness, self-confidence, and empowerment; feeling in control of their actions; advocating for themselves more
- **Social Studies:** Increased engaged in course content; more confident and comfortable participating in class discussions; listening to others and debating respectfully; increased empathy and ability to articulate what is needed/wanted; creatively evaluating the statements of political figures
- **Physical Education:** Improved confidence and communication
- **Special Education:** Decreased behavior issues; respectfully asking for help without offending anyone; interacting more; effectively working in groups; understanding perspectives of others

Research on Assertiveness

When adolescents lack assertiveness:

- Higher chance of becoming withdrawn and isolated, experiencing depression and anxiety
- More likely to be bullied OR bully, responding to both situations with anxiety and anger
- More likely to respond with aggression to difficult situations (especially males)

When adults lack assertiveness:

- It can lead to high unemployment or underemployment

When students learn assertiveness:

- Promotes the ability to manage conflicts with more productive solutions
- Reduces adolescent anxiety, and helps them avoid drug use and unhealthy sexual behavior
- Reduces the likelihood of sexual coercion or assault

Providing **instruction & practice** to teach assertiveness prepares students to:

- advocate for themselves
- resist peer pressure
- manage conflicts
- seek future educational and career opportunities

(Bandura, 1973; Brenner et al., 2003; Buell & Snyder, 1981; Grove et al., 2011; Hall, 2006; Hecht et al., 1993; Huey, 1983; Huey & Rank, 1984; Lane et al., 2006; Lee et al., 1979; Paglia & Room, 1999; Polansky et al., 1999; Rowe et al., 2015; Schmid et al., 2015; Thompson et al., 1996; Tschann et al., 2010; Wolfe et al., 2012)