

Botvin Life Skills Lesson 8: Assertiveness

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Sometimes kids do not want to do something, but they don't know how to stand up for themselves. Sometimes they get mad or upset at someone and do not know how to tell them. Or worse, they tell them and then get even more upset because they end up in a fight. Today, we will learn how to stand up for yourself in an assertive way.

Assertive Behavior

Write down this definition on page 36

Acting in a strong and firm manner while remaining polite.

I-Messages

This is a way of talking that explains how you feel while remaining firm, calm and polite. Sometimes when people are mad or upset they say things that seem like they are blaming another person. I-messages allow you to talk to someone that you are mad or upset at without getting into a fight.

Worksheet 17, page 33: Using I-Messages

EXAMPLE:

Blaming Statement: You forgot to return my video game.

I-Message: I feel disrespected when you don't return my video games. I need (or want) you to return my video games, because I want to be able to trust you in the future.

PARTS OF AN I-MESSAGE

- Saying how you feel
- Explaining why you feel that way
- Saying what you want or need
- Explaining why you want or need that thing to happen

Who wants to read one of their I-Messages?

- Why do you think I-messages would help prevent someone from getting in a fight?

I-messages can help us talk to someone we are mad at or upset with without getting into a fight.

Now it's your turn to practice. In partners you will work on Worksheet 17, and finish the I-Message statements.



Practice

Now we're going to practice creating our own I-messages. I'll call someone up and give them a blaming statement, then that person will have to change it into an I-message.

Journal Topic

Turn to Worksheet 18 on page 34 and complete the journal page.

Remember to try to use some of the ideas discussed today in class in your response.

Your friend comes to you with a big problem. Every day older kids tease her and push and shove her on the way home from school. Until now she didn't do anything about it, but they haven't stopped. She doesn't want to get into trouble for fighting so she comes to you for help. Use the space below to write about what you would tell your friend to say to the bullies.