

Student Name: _____

Exploration: Tips for Assertive Communication

Not everyone is naturally good at assertive communication, but it is a very important skill to practice. This activity will provide you with tips to improve assertive communication skills.

Part 1

Read through the following tips for how to communicate assertively:

Assertive Communication Tips

1. Understand your priorities and boundaries and stick to them!
2. Be straightforward, honest, and direct! Say “no” when it is appropriate and avoid passive-aggressive behaviour.
3. Practice assertive body language. Stand tall, make eye contact, and speak confidently.
4. Use “I” statements instead of “you” statements. This allows you to express frustration without putting the blame on others.

Part 2

Now it's your turn! Use the space below and pick one of the following:

- rephrase the 4 tips in your own words
- write a short scenario of how you might practice these tips in real life, or
- draw a doodle representing each tip

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