

*Assertiveness*  
*is the Key*



DRUG AWARENESS WEEK

# Assertiveness

## WHAT DOES IT MEAN TO BE ASSERTIVE?

BEING ASSERTIVE MEANS EXPRESSING WHO YOU ARE, WHAT YOU THINK, WHAT YOU WANT, OR WHAT YOU FEEL, WHILE RESPECTING THE THOUGHTS AND NEEDS OF OTHERS. YOU CAN BE ASSERTIVE IN DIFFERENT WAYS:

- + Verbally: by stating your opinion, communicating your needs, expressing your thoughts and feelings
- + Each time you make any type of decision, about anything. For example, if you decide to play basketball instead of playing a musical instrument or dancing, that's your decision, those are your preferences and choices, representative of who you are
- + Creatively: when you write, work on a project, draw, sing, and so on

## TO ASSERT YOURSELF, YOU HAVE TO KNOW YOURSELF!

To better assert who you are, you have to really know the characteristics of your personality:

- + What's important to you
- + Your interests
- + Your tastes
- + Your strengths and weaknesses
- + What you like and don't like

Knowing yourself means you can:

- + Make better choices for yourself in all spheres of your life
- + Increase your self-confidence and wellbeing
- + Recognize those who share your tastes or interests and keep them close

**THE CHARACTERISTICS OF YOUR PERSONALITY MAKE YOU UNIQUE, JUST LIKE EVERYONE AROUND YOU. SO DON'T BE SHY ABOUT ASSERTING WHO YOU ARE, AND BE PROUD OF YOURSELF!**

# HOW CAN YOU GET TO KNOW YOURSELF BETTER?

HERE ARE SOME EASY ACTIVITIES TO HELP YOU GET TO KNOW YOURSELF BETTER.

I KNOW  
WHAT

I like

MAKE A LIST OF SIX THINGS YOU LIKE AND SIX THINGS YOU DON'T.

For example, think about your likes and dislikes in terms of sport, school subjects, hobbies, food, etc.

I LIKE...

I DON'T LIKE...

I LIKE...	I DON'T LIKE...

"I really like math, but my brother Alex prefers sports. So he chose the Sports track at secondary school, while I chose Sciences."

- TONY

"My parents were skeptical when I decided to do karate instead of ballet last year. I stuck with it and earned my blue belt in just one year. I was really proud of myself. My parents were proud of me too!"

- JENNY

"Before, I always did what my big sister did. But because I didn't enjoy what we were doing as much as she did, I came to realize that we didn't like the same things. So I decided to join a dance troupe with my friends instead of doing tennis competitions with her."

- SOFIA



# KNOWING YOURSELF BETTER TO BE MORE ASSERTIVE!

WHEN YOU KNOW YOURSELF WELL, KNOW YOUR INTERESTS, NEEDS, AND VALUES, YOU CAN MORE EASILY SAY WHAT YOU THINK, WHAT YOU WANT, WHAT YOU FEEL, WHILE RESPECTING WHAT OTHERS THINK, WANT, AND FEEL AT THE SAME TIME.

Sometimes, being assertive is more difficult due to the situation or the people present. Then you might feel uncomfortable or stressed. When your opinion is different from other people's, it might be more difficult to express your point of view for fear of being rejected or ridiculed. That's completely normal.

It's always best to say what you really think and feel. That way, you are respected as a person and you help others get to know you, see who you are, what you want, and so on.

Assertiveness makes you feel good and increases your self-confidence. It also helps you more easily recognize those around you who share your likes and interests and who make you feel respected.



KNOWING YOURSELF AND BEING ASSERTIVE IS THE KEY TO HANDLING ALL SORTS OF SITUATIONS IN LIFE!

# HERE ARE SOME GOOD WAYS TO BE ASSERTIVE:



Talk about your ideas, preferences, and feelings respectfully.



Keep in mind what others think, want, and feel.

Express your idea respectfully, even if it is different from someone else's.



Don't force your ideas on others, but try to understand other people and find a compromise when they disagree or don't want to do what you want.



Listen without interrupting.



I KNOW HOW TO

# assert myself

DAVID HAS A HARD TIME COMMUNICATING WITH OTHERS.  
FOR EACH STATEMENT, CHOOSE A SOLUTION TO HELP  
DAVID IMPROVE HIS COMMUNICATION SKILLS.

**1** - David says: "I want to ride my bike, so either you do that too or you can't be in our group!"

**SOLUTION :** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**2** - While his friend is talking to him, David often interrupts to say what he thinks.

**SOLUTION :** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**3** - David thinks his little sister makes bad decisions so he spends his time telling her what to do and criticizing her choices.

**SOLUTION :** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# LEARNING TO GET TO KNOW YOURSELF BETTER AND BE ASSERTIVE HELPS YOU STAY IN CONTROL IN ALL ASPECTS OF YOUR LIFE.

Being assertive also means confiding in someone you trust, if you think you need to. In that case, you can talk to a friend, a family member or someone like a teacher or the school nurse.

If you don't have someone you feel comfortable talking to or asking for advice, you can call Tel-jeunes, a confidential helpline created especially for young people like you.

**TEL-JEUNES**  
**1-800-263-2266**  
**(OR TELJEUNES.COM)**