

Assertiveness  
is the Key

DRUG AWARENESS WEEK

OR True  
false?

ACTIVITY FOR GROUPS AGES 10 TO 12

# STATEMENT 1

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We can state who we are in a number of ways,  
not only by expressing ourselves verbally.

**TRUE OR FALSE?**





# TRUE

By expressing yourself verbally, you can share your ideas, needs, and how you feel.

But you can also express yourself in other ways:

- By making any type of decision
- By creating, for example, when you write, draw, or dance
- By participating in activities that you like

**Question:**

Do you have any examples of situations where you were assertive?

# STATEMENT 2

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Knowing yourself is the key to asserting who you are!

**TRUE OR FALSE?**





# TRUE

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, what you like and dislike
- Your strengths and weaknesses

Knowing yourself means you can:

- Make better choices
- 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. We are all different, and that's what makes us all important.

So don't be shy about asserting who you are, and be proud of yourself!



# (CONT.)

**Question:**

**Can you list six things you like and six you don't?**

- For example, think about your likes and dislikes in terms of sports, school subjects, hobbies, food, and so on.



# (CONT.)

**Question:**

**How would you describe yourself?**

- For example, would you say you are active, calm, creative, curious, funny, organized, patient, persistent, or studious?
- Are there other characteristics that would describe you?

# STATEMENT 3

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Asserting yourself helps you connect with the people around you.

**TRUE OR FALSE?**







# TRUE

Asserting yourself also helps you:

- Talk about topics that interest you, express your emotions, feel that you are being heard and understood and that your feelings and thoughts can be shared
- Encourage and be encouraged, and share advice and useful information
- Find out how other people think and feel, which helps you understand them and helps them feel understood
- Know that someone's there for you when you're having a hard time
- Give and receive love and affection

Connecting with people you trust helps you feel loved and appreciated, better understand others, and better communicate. Using these skills lets you learn more about yourself and the people around you. You'll gain confidence and make better decisions, no matter the situation!

# STATEMENT 4

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Sometimes, being assertive is more difficult due to the situation, the people present, or the emotions felt.

**TRUE OR FALSE?**





# TRUE

When our opinions are different from other people's, for example, it might be more difficult for us to express our points of view for fear of being rejected or mocked. That's completely normal.

But it's always best to calmly say what we really think and feel.

That way, we keep our self-respect and we help others get to know us and see who we are and what we want.

## Questions:

- When is it more difficult for you to express yourself?
- What do you or could you do to express yourself in these situations?

# STATEMENT 5

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Interrupting other people when they are talking is a good way to communicate.

**TRUE OR FALSE?**





# FALSE

Here are some examples of better ways to communicate:

- Listen to others without interrupting
- Talk about your ideas, preferences, and feelings respectfully and calmly, even if you are mad, disappointed, and so on
- Keep in mind what others think, want, and feel
- Don't force your ideas on others, but try to find compromises when they disagree or don't want to do what you want