

Practise being assertive

We can cope best with peer pressure if we are assertive and not passive or aggressive. Thought-storm! How would you feel, look and act if you were being:

- (a) Assertive
- (b) Aggressive
- (c) Passive

Complete the chart and share your ideas.

	Assertive	Aggressive	Passive
How would you feel?			
How would you look?			
How would you act?			



Photocopiable:

Developing Emotional Literacy with Teenagers, 2nd edition © Tina Rae, 2013 (SAGE)